

On 18 March 2014, the sudden news of L'Wren Scott's death in New York City brought the world's most famous rock and roll band to a complete stop just days ahead of a sold out concert in Perth, Western Australia.

The Rolling Stones were to perform at the first of seven sold out concerts across Australia and New Zealand when internet and television news flashed with a 'breaking news' story. Countless people were stunned that Mick Jagger's steady girlfriend since 2001 had taken her life due to huge financial debts and chronic bouts of depression.



Quick decisions by Mick Jagger and fellow Rolling Stones band members to postpone their long awaited Down Under tour out of respect to Miss Scott proved to be the right professional, personal and public decision.

As colleagues over five decades, these rockers tightly banned together. Their grief, yet resilience were on display daily before the public and curious media. Putting their much loved Miss Scott's care and memory ahead of concerts, promoters and profits brought The Rolling Stones an understanding attitude from the public and new raving fans.

Five decades after first appearing at London's Oxford Street Marquee Club as a start-up band in 1962, The Stones 'bounced back' from this personal and close knit inner family tragedy. They honoured Miss Scott with amazing concerts and massively attended performances in October and November across Australia and Auckland, New Zealand.

What lessons from The Stones' 53 year journey can help you to build your resiliency bank account? In spite of life circumstances, the economy or family tragedy, how can you be more resilient and thrive in the challenges of 2016?

6 Tips to Bounce Back and Move Forward in 2016

1. Reflect, Renew, Reward: What did you achieve in 2015 that makes you feel proud? How will you renew your body and recharge your mind for the year ahead? What new goals will you set as targets and then reward you or your family when you achieve them?

2. Manage Change - Learn to Adapt: Psychologists agree that change in any of the following areas create stress. Three or more changes at once can lead to depression or anxiety issues if not managed properly.

* Moving to a new home or city * Death of a spouse, family member, close friend, colleague or beloved pet * Job loss or career change * A serious health issue that involves a close relative, friend or self and * A relationship change, divorce, separation or the start of a new relationship or a first or second time marriage with a new or shared family.

3. Improve your Professional Skills: An Australian privately held pest Control Company I have mentored was recently voted number 1 out of over 1,000 industry competitors. The owners are known for improving their skills, upgrading client-servicing methods and helping their team and employees with innovations to remain on top of their crowded field.

4. Limit Requests of your Time by Community or Social Groups: The limited resource at our discretion is time. Multiplying 24 hours by 365 days, we each get 8760 golden hours to invest per year; 1% of that is about 88 hours or two 40 hour work weeks. Make wise choices with your most valuable asset. Learn to say *'thank you but no'* when asked of your time by some (yet not all) volunteer, non-profit, community, social groups, relatives.

5. Balance Health, Family, Friends and Work: Look at creative and simple ways to move things off your **'To Do'** list. Hire experts to help you and outsource tasks to experts to save you frustration and maximize your time.

6. Collaborate with Business Colleagues or Friends: Make a difference in your community or industry through special projects with people you like and trust. Our e-books are one example of how we've had a positive impact by collaborating with colleagues and friends we have known for many years from numerous countries.

If you need a few good ideas to help you get started ... give me a call.

Rob Salisbury B. Com., CSP, keynote speaker, sales trainer, facilitator and popular MC has been hired over 2100 times by 600 global firms, Universities and Associations in over 20 countries and 55 different cities.

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