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Bouncing back

Make it a personal goal for 2015 to build up your store of resilience

ON MARCH 18 last year, the sudden news of L' Wren Scott's death in New York City brought the most famous rock and roll band in history to a complete stop just days before their concert in Perth, Western Australia.

The Rolling Stones were ready to play at the first of seven sold-out concerts across Australia and New Zealand when news reports flashed across TV screens that Mick Jagger's girlfriend since 2001, L' Wren Scott, had taken her life due to huge financial debts and ongoing chronic depression.

The decision by Mick Jagger and members of The Rolling Stones band members to postpone their "Down Under" 2014 tour out of respect to Miss Scott proved to be the right decision.

As friends, these rockers banded together with their resilience on display each day before the media and public. Putting their much-loved Miss Scott ahead of their concerts and profits brought The Stones a caring public attitude and 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 family tragedy. They honoured Miss Scott with amazing concerts with their "14 on Fire" sold-out performances in October and November across Australia and into Auckland, New Zealand.

What lessons from the Stones' 52-year journey can help you to build up your resilience bank account? In spite of life circumstances, the economy or family, what can you do to be more resilient and succeed in facing your challenges?

Six tips to move forward

1 REFLECT AND RENEW

What did you achieve in 2014 that makes you feel proud? Who inspired you as a role model or mentor to achieve more in business or to improve your life? How will you renew your energy for a great 2015?

2 MANAGE CHANGE AND LEARN TO ADAPT

Psychologists agree that change in any of the following areas creates stress. Three or more changes at once can lead to depression or anxiety issues if not properly managed. They are:

- 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 an intense new relationship or first or second-time marriage with a new family.

3 IMPROVE YOUR SKILLS

An Australian privately held pest-control company that I have mentored has recently been voted number 1 out of over 1,000 of their industry competitors. The owners are well known for improving their skills, upgrading client-servicing methods and innovations that help their teams and firm remain atop 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 have just 8,760 hours to invest during a year — 1 per cent of that is about 88 hours or two 40-hour work weeks.

So 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 or social groups.

5 BALANCE HEALTH, FAMILY, FRIENDS AND WORK

Look at more ways to get things off your "To Do" list. Hire experts to help you and outsource tasks to those with the expertise to save you frustration and maximise your time.

6 COLLABORATE WITH BUSINESS COLLEAGUES OR FRIENDS

Make a difference in your community or industry through special projects and with people you like, respect and find trustworthy.

Practise some or all of these tips and have a more fulfilling New Year.

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