

Fuel for Thought

Hang in There Gladstone!

As construction work at Curtis Island winds up, a lot of people I talk to around town are concerned about their jobs and what the future might hold for them: 'what's next' in a difficult job market? Finding satisfying work that meets your family's social needs and financial demands is always tough –especially in these difficult economic times.



Bruce Andersen
Site Superintendent,
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At QER we've gone through several project phases involving great uncertainty about the future. I'm not usually one for giving advice, but reflecting on that experience, I think there are three things that have helped us to get through the dark times and out the other end of the tunnel.

First, you have to stay positive. This is, as much as anything else, a decision we each have to make at the start of every day. We've been through the tough times before. We know this will pass and we know it's in the tough times when our true colours shine through (to quote Cyndi Lauper).

Secondly I think you have to stay flexible and creative. It's an opportunity to maybe rethink your next career step, travel a bit or maybe pursue that business idea you've wanted to pursue for a long time. You might also have to compromise a bit on the next job. Sometimes that can be tough...but often it can lead to a wonderful new opportunity.

Third, I think we have to stay together. When life gets stressful, it's easy for the wheels to start falling off at home. Don't kick the dog or yell at the kids! We all need to find ways to burn off that stress – going fishing; going for a run or doing meditation – whatever your thing is. Remember before you walk in the front door, regardless of what's happening outside, the most important people in your life are on the inside. And remember that your mates are going through same thing, and it's worth asking them every now and then "how ya travellin'?"

Hang in there Gladstone. We've been through the tough times before and we'll get through this one together.



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