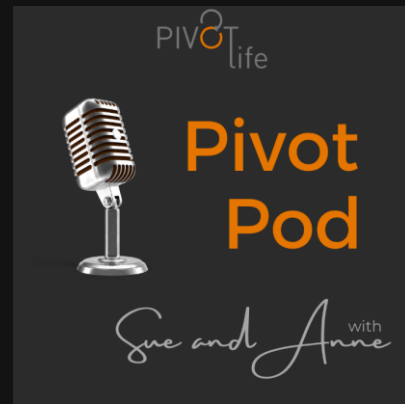


Season 2 - Episode # 5

Bouncing Forward - not just bouncing back after an enforced pivot

Megan Buntine experienced her first major pivot at the age of 12. The death of her father, to the Black Saturday Fires in 2009 have taught her how to find the positive and opportunities to bounce forward in life and make change..



Top Tips

Simple Steps to Action

Remember: 'it will be alright in the end...if it's not alright, it's not the end'.

When life is tough and you are feeling overwhelmed, try to just stop for a moment and remind yourself of this.

Don't be afraid of making a change – even in the worst or scariest of circumstances – as, once the dust settles, life will open up in ways that you could never have imagined.

If you don't already (as many people don't), try to start thinking of change as an exciting opportunity for new and wonderful things to come into your life.

You will survive this – you have a 100% record of surviving in the past, and you will survive this too.

In tough times and when your mind is spiraling into despair, try to catch yourself and remember this.

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