



Centrestage

Keeping you up with the play in Central City



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July 26th 2009

CENTRAL CITY BUSINESS ASSOCIATION

The Value of turbulence

We all know what is going on in the markets and in business right now, everywhere in the world in many sectors and industries. People in business and life in general are feeling the heat. Leadership is how you perform in difficult times not when times are easy.

Ultimately, if you look at every great businessperson or leader, there were defining moments they experienced in their lives and these events shaped them. The events that shaped them, introduced them to who they really were, in other words, rough seas make better sailors, tough times make better leaders.

Second point in terms of the value of turbulence is that most of us really do not go deep in easy times. When everyone is successful and times are easy there is a great tendency to be superficial and when you see people really going deep and evaluating their values, what they stand for, their business models or the very essence of their business architecture is really when things are almost falling apart.

Therefore, before something can be rebuilt it has to be broken down. That is not only the law of business but also one of the great laws of life. It is always breaking down before breaking through and that is a value turbulence brings.

Turbulence is very important because it is nothing more than change and another law of nature is change. Change is good because it is nature and business's way of making things better. There is a human tendency not to change and stay in the safe harbour of the known and do things the same way you always have, even though they it not be the best. Change and turbulence prompt us to make things better, progress and expand.

Right now with all that is going in the market and different industries, many people are anxious and frightened yet the best leaders are seeing the opportunities. A question you should be asking yourself is "What's the opportunity here?"

Keep reframing what you may be viewing as adversity and try to see it as an opportunity. Leaders take conditions and situations that others regard as negative and ask themselves, what's the opportunity here?

There are a couple more tools to help you get to the next level in business and life in these turbulent times.

Take care of your health, as there is a tendency in tough and turbulent times to neglect it. Take the time to nourish your mind by reading and having conversations with interesting people and people who uplift you. Take care of your body by the getting the appropriate rest, having a great diet and getting fresh air. Take time to nourish your emotional side with laughter, time with your loved ones and things that make you happy. Take time to nourish your spiritual side. Being with nature, spend time with the three S's: **silence, solitude and stillness.**

Lastly, celebrate your blessings. A new field in the part of psychology focuses so much on the power of gratitude. Science is actually confirming that gratitude, appreciating the simple and little things in your life, not only affects our psychology but our biology.



Paul Lonsdale
Central City Manager
Business Association

"If you choose, these times can be the best times in business - and defining moment in your life."

Source: Robin Sharma

Oxford Terrace and New Regent Street changes aim to improve safety

Creating a night-time pedestrian mall and reversing the direction of traffic are some of the changes proposed by Christchurch City Council for Oxford Terrace between Hereford Street and City Mall. Today's Council meeting adopted for consultation a number of proposals, such as making Oxford Terrace from City Mall to Lichfield Street two-way and changing loading restrictions in both City Mall and New Regent Street, as part of moves to make the central city safer for pedestrians and

to bring consistency to traffic and parking restrictions.

The proposed changes are:

- A pedestrian only area on Oxford Terrace between Hereford Street and City Mall between 11pm and 5am.
- Changing Oxford Terrace, between Lichfield Street and City Mall, to a two-way road.
- Changing the one-way direction of travel between Hereford Street and the City Mall from a northbound to a southbound direction.

- Providing additional taxi stands in Oxford Terrace, south of the Bridge of Remembrance, from 11pm to 5am.
- Introducing a No Entry restriction for eastbound traffic on Oxford Terrace into the area of Oxford Terrace leading to The Strip. (Entry will be from Durham Street only).
- Extending the no access restriction for all goods service and other specified (or permitted) vehicles in City Mall to between 10am and 4pm; and
- Introducing no goods service vehicle access to New Regent Street from 11pm to 5am.

Public consultation on the proposals is from 6 August to 9 September 2009. The consultation documents can be accessed at www.ccc.govt.nz/haveyoursay