

WHAT TO DO WHEN YOU HIT A

SPEED BUMP



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What to do when you hit a speed bump

It's inevitable. One day you are going to hit a speed bump. Yes, you might actually hit one on the road when you get your license but apart from that you will definitely experience a bump or two along the way in your life which will indirectly affect your dance journey.

Just last week, I hit my own speed bump. My husband was away for the week for work, we had family visiting and the kids were being babysat more often than usual. This might not sound too bad, but when your kids are aged 1 and 2 years old, any change to routine can send them off on a downward spiral. Bring on the next four nights of my son falling asleep around 2am and not being able to get any house work or "work-work" done. Consequently, come Friday, I had a million-and-one studio related things to catch up on despite my amazing admin team having everything as up to date as humanly possible from their side of things. My "speed bump" moment was family related; however, it *did* affect my dance journey during that particular week.

I guess what I am saying here is to be *gracious* to yourself. Life will throw things at you and you won't have control over them. As a dance student, this may mean that you may not do as well at comps during Year 12 as a greater amount of time will need to be directed to homework and exam preparation for your school studies. Other "speed bumps" can include falling ill, moving house, family commitments, trouble with friends, tiredness and the list goes on! When you hit a speed bump, don't be hard on yourself when your dancing suffers, rather, try to be a problem solver and think of a positive way of getting back onto smoother ground.

The key to moving forward is to give yourself time to move through different phases of your life. If you are having trouble with friends at school, you need to spend the time figuring it out. Don't put it off. Also, don't allow it to drag out over an immense amount of time. Just get on with it and work it out and then move on. So much of your success as a dancer is determined by your mindset. If you haven't got your head together, the journey is going to be much more difficult. Make sure you deal with each speed bump as it comes so that you don't get stuck on a bumpy road and are able to experience smoother sailing not only as a dance student but in your life as a whole.

As for my "speed bump" last week, I allocated a good ten-hour block prior to the weekend to catch up on all of the things that were holding me back. Now I am moving along more smoothly as the solution was found and then acted upon.

So next time you face a "speed bump" moment in your life, remember to find a solution, take action and then tick it off as completed before moving on to smoother horizons!

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