

5 Steps: How to use Adversity to your Advantage

At some point or another, life punches everyone in the face. The punch may be hard, or it may be soft, but it's definitely coming, and our success or failure is largely determined by the answer to a simple question: How well can you take the punch?



The degree of success we achieve in life is directly proportional to the amount of adversity we can tolerate. If we ever want to accomplish big things like building a successful business, becoming the best in our field, or changing our life in some way, we need to start training ourselves to endure the pain all those things require. It'll also prepare us for the next time life punches us right in the face for that is inevitable!

I am a living example! I broke my neck and became paralysed to the C4 level, a quadriplegic, only able to move my head. I lost everything! With a stick in my mouth and a computer, I started to create a global company that designs and manufactures all-terrain wheelchairs for disabled people all across the world. I have faced some of the greatest adversities one could possibly imagine, and life has surely gone a few rounds with me in the ring but still I will never ever give up.

No matter how bad the situation, no matter how hopeless it seems, there is always an opportunity to turn adversity to your advantage. You just have to discipline yourself to spot the opening, and then find the courage to use it. There is a saying: If one door shuts another will open, but most of the time we whimper and complain about the door that just closed. Turn around, you will then see the other opportunities that surrounds you. Learn from the past don't fixate on it.

5 Steps: How to use Adversity to your Advantage – It is time to take control of your life again.

Martin Brown's presenting skills will draw the audience to the edge of their seats and send them on a breathtaking journey. You will explore the world of the seemingly impossible experiencing determination, innovation and the challenge of risk. His upbeat approach and positive humour sets the stage for a memorable and exciting presentation that will leave a powerful impression of achievement and possibility in your mind forever.

"There are mainly two things define us: Our tenacity when we have absolutely nothing and our attitude when we have it all."

For more information and social media look at the website: www.martinbrown.co.za