



Big Mal helps cope with tough times

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QUEENSLAND rugby league legend Mal Meninga and emotional resilience expert Dennis Hoiberg were on hand at Cloncurry's agribusiness conference yesterday to share with the audience advice for coping with the tough times that often come with life on the land.

Mr Meninga, who grew up in regional areas of Central Queensland, related his experiences as a player and coach with the Maroons to the ups and downs faced by graziers.

"Professional sport teaches you

how to handle adversity and overcome challenges," he said.

"You have to focus on the small things and do them really well and so when you do hit times of trouble you have the self belief to face it," he said.

Dennis Hoiberg echoed Mr Meninga's sentiments on the importance of self belief.

"Graziers aren't 'farmers', they're incredible, successful small business people," he said.

Mr Hoiberg encouraged the audience to seek help from family, friends or counsellors if necessary.

"Depression in Australian males aged 55 to 70 is through the roof," he said.

"More Australians die of suicide than in road accidents."



GUEST SPEAKER: Rugby league legend Mal Meninga gives advice to graziers on coping with tough times.
-Picture: HAYLEY SORENSEN/2428.