


 THIS WEEK'S  
MINI PD

## TEN WAYS TO UNAPOLOGETICALLY BE YOURSELF

Oscar Wilde somewhat mirthfully observed: *Be yourself; everyone else is already taken.* To “be yourself” can be a challenge. Being **unapologetically yourself** empowers school communities in perhaps the most critical core element of education in 2025: *drawing out potential, rather than simply pouring information in.*

### 1. KNOW YOUR VALUES

Your core values guide your decisions and actions by identifying what matters most, like honesty, integrity, or compassion. Living by these values creates a meaningful life, placing your choices in line with your true self for fulfilment and authenticity.

### 2. ENJOY YOUR QUIRKS

It's OK to be quirky. The unique and perhaps unconventional aspects of your personality make you who you are.

### 3. KNOW WHEN TO SPEAK AND WHEN NOT TO SPEAK!

Trust your perspective to add value and insight to conversations. But, know when it is best to bite your tongue and say nothing!

### 4. SET BOUNDARIES

Boundaries are protect factors that define your limits and personal space. Prioritising your wellbeing through boundaries is an essential element for thriving.

### 5. LEARN FROM MISTAKES

Resilience and authenticity grow when we acknowledge our mistake, learn from it, and move forward.

Ultimately, unapologetically being yourself is a life-long journey. There will be bumps along the road, moments of doubt, and external (even internal) mutterings about conformity. But by honouring our values, setting healthy boundaries, and trusting our instincts, we can navigate that path with grace and confidence. All the research suggests that as we do, we'll discover the freedom and joy that comes from living a life “true to yourself”.

*Be who you are and say what you feel, because those who mind don't matter and those who matter don't mind.* Dr. Seuss

### 6. CREATE A SPECIAL SPACE FOR YOUR PASSIONS

Remember: Your passions fuel your happiness and contentment with life.

### 7. TRUST YOUR INSTINCTS

Trust your gut feeling over just logic or outside opinions. Gut feelings are valuable because they combine past experiences, subtle clues, and emotional understanding that our minds haven't fully processed.

### 8. BE YOUR BEST FRIEND

For many of us, the self-compassion we offer *to ourselves* is quite ineffective. It's pretty much the reverse of the Golden Rule. Be as good to yourself as you would be to your best friend.

### 9. EMBRACE THE POWER OF SUPPORTIVE FRIENDS.

These are the people who who encourage and accept you for who you are. Their support reinforces your confidence in being yourself.

### 10. CELEBRATE YOUR SUCCESSES

It reminds you of who you are and who you can be!



Readings for Educators

### ENTIRE INDUSTRY GRAPPLING WITH BURNOUT

There is an alarming reason why an entire Australian industry (education) could be at risk of a mass exodus.

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### TEACHER OF THE YEAR WINNER OLI MCVEIGH: 'BOYS ARE BOTTLING UP AND REPRESSING LOTS OF DIFFERENT IDEAS'

From Britain, Oli McVeigh wins Teacher of the Year for pioneering a mentorship program for boys on masculinity and mental health.

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## SCHOOL OF THE WEEK

[Rosny College](#)  
Tasmania

## Build your HEALTH IQ

**Napping Benefits and Tips**  
[Boost your Health IQ here](#)



Ships don't sink because of the water around them. Ships sink because of the water that gets in them. Don't let what's happening around you get inside you and pull you down.

## Staffroom Chat



What decade had the worst music?

## Happy Silly Thoughts

