

BRAIN GYM

Six Books That Can Help You Feel You're Growing Into a Better, More Capable Life

Below are recommendations that can inspire progress across several areas of your personal and professional life.

The Untethered Soul by Michael A. Singer

Singer helps readers develop deep self-awareness by learning to observe thoughts and emotions without being controlled by them.

The Happiness Advantage by Shawn Achor

Achor shows how cultivating positive habits and emotions can strengthen resilience and improve performance in everyday life.

Mindset by Carol S. Dweck

Dweck teaches that viewing abilities as developable rather than fixed leads to greater motivation, persistence, and long-term growth.

Can't Hurt Me by David Goggins

Goggins demonstrates how discipline and deliberate discomfort can expand your sense of what is possible.

The Power of Now by Eckhart Tolle

Tolle encourages living with presence and awareness so you can reduce mental noise and respond to life more consciously.

Thinking, Fast and Slow by Daniel Kahneman

Kahneman describes two broad systems of thinking: one that operates quickly and intuitively and another that requires slower, more deliberate reasoning.

This Week's Mini PD

REMOVING BARRIERS TO GOOD FEEDBACK

School feedback for colleagues or students is only valuable if constructive. For feedback to be genuinely constructive:

- **Check your emotional state first.** Feedback delivered in anger or frustration might get quick compliance, but don't mistake that for real change. Whether you're addressing a colleague or a student, make sure you're calm and composed before raising the issue – not mid-frustration in the staffroom or corridor.
- **Be precise about what needs to improve.** If you're unhappy with a colleague's work or a student's effort, professionalism means explaining it clearly, with patience, courtesy and clarity (PCC). Vague dissatisfaction helps no one; specific, well-articulated concerns do.
- **Remember you're speaking to a person, not a problem.** It's easy to forget this in a busy staffroom or classroom moment. Ask yourself: would I respond well if someone spoke to me this way? Keep your focus on the issue itself – the missed deadline, the incomplete task, the behaviour – rather than letting it become about the person's character.
- **Leave the sledgehammer in the shed:** Blunt, sharp-edged criticism might feel efficient, but it usually just leaves the other person managing their own hurt rather than hearing your point. This applies whether you're speaking with a fellow teacher, support staff, or a student. If you can't deliver feedback without bluntness, it may be worth letting someone else – a head of department, a year level coordinator – handle that conversation instead.
- **Point the way forward, then check back in.** Colleagues and students rarely make mistakes deliberately, and they can't fix what they can't see. Identify exactly where things went off track, and be clear about what "fixed" looks like. A genuine follow-up – checking how they're going, offering encouragement – turns a difficult conversation into something that actually builds the working relationship.

The critical difference between constructive and destructive feedback is not what you say, but how you say it.

Health Spotlight

Wellness habits you can start now - at no (or little) cost

[Learn More Here](#)

What you need to know about Self-Harm

[Learn More Here](#)

Drop of Wisdom

Work on the things no one can take away from you: your mindset, your perspective, your attitude, your character. These are the foundations of who you are. When you invest in them, you build something that stays with you no matter where life takes you. When you strengthen your mindset, you strengthen your ability to rise, grow, create impact, and reach goals you once thought were impossible. Because the most valuable things you build are within yourself - and those are the things no one can take away from you.

Happy, Silly Thoughts

When one of your students falls out of their chair after you continually told them to stop leaning back in it

BORED TEACHERS



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