

# You're The One Newsletter

OUR INDIGENOUS ROLE MODELS!

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## Karen Recommends



COMING SOON TO THIS SPACE!

2016 - Mojo Classes  
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2016 - Webinars  
2016 - New Products  
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## What's New With Karen

Welcome to August. During July, I was inspired by many Indigenous Role Models (models, actors, politicians) almost on a daily basis in the media. However, it was when I was introduced in person recently to my young Niece's 18yo Aboriginal partner, Steven, that I was even more moved. Listening intently as he recalled a very disadvantaged and difficult childhood I sensed no bitterness about the cards life had dealt him until now. In fact, quite the opposite, he was intent on forging a positive future for himself and to leading others whom he had left behind (including family members) out of their destructive patterns and ways. Now, more than ever, there is a need for some of our wonderful Aboriginal Role Models to lead the next generation of Aboriginal youth. This month's newsletter I am thrilled to share some of these wonderful Aboriginal role models in our society for all of us. Love Karen xxx

## Mojo Tip: Respect Cultural Diversity



The Talented, Miranda Tapsell - Accepting Her 2015 Logie

The 8th step on your meaningful Mojo mindset for 2016 is to promote and celebrate our Aboriginal Role Models in our society. People with Mojo do not discriminate against race or skin color; instead speaking out for a fairer society for all, where each citizen is given equal opportunity & treated justly and humanely. These Mojo-esque role models seek to understand, support and contribute wherever possible to Aboriginal culture; thus standing them apart from many (*Here is an interesting fact - most Australians do not know of a famous Aboriginal person, although most have one in their wallet (David Unaipon (1872-1967) is the Aboriginal man featured on the front of our \$50 note. He was a Ngarrindjeri man, a preacher, inventor and writer).* My Aboriginal Role Model for this Newsletter is the talented, Actor, Miranda Tapsell (*currently appearing as Martha in the TV program 'Love Child', which follows the lives of staff and residents at a Kings Cross Hospital in Sydney in 1969 or from her role in the film 'The Sapphires'.*) I have always found Miranda fascinating -being something of a "ray of sunshine". However, it was when I watched her recent ABC TV interview with Jane Hutcheon on 'One Plus One', that I knew I had to tell her story. I was mesmerised as I could relate so closely to much of what she was saying. Born in Darwin to an Indigenous mother and a white father, Ms Tapsell grew up as an only

child in the town of Jabiru, in Kakadu National Park. Her Father, Tony, was the Town Clerk, while her Mother, Barbara, a Larrakia-Tiwi woman, worked at the local High School. Tapsell said she inherited her parents' love of reading, and education was always of importance. She said her parents' push for her to receive a good education definitely shaped her into the person she is today. During her Acceptance Speech (*winning the 2 gongs at the 2015 Logie Awards*) she called for a more diverse and inclusive media industry in Australia) however behind the glitz and glamour, she felt overwhelmingly anxious about how the public would respond. "I had to have a big cry afterwards because I just didn't know how they were going to react because all I could think about was the reality of *that classroom*." *That classroom* relates back to her time in High School where she was jeered and called names for being Indigenous. However, Miranda applied the resilience that her parents instilled in her stating: "My parents taught me to be resilient and to pick my battles with things. If I got upset at every single thing that someone said, then I would just not get out of bed every day." She has just finished a run of the Bell Shakespeare and Griffin Theatre Company Production of 'The Literati'. "I'm playing Kate Mulvany's sister and Kate isn't indigenous. She's got blonde hair and blue eyes. It's everything that I have been asking for." When asked her role models Miranda says that she has some formidably strong women in her life - both Indigenous from her mother's side and non-Indigenous on her father's. These women grew up in some pretty challenging times, notably in the 1960s, when both race and gender equality were being questioned by Australian society. Her hopes for the future are that more opportunities arise for more non-Caucasian actors to feature in mainstream Australian roles, which will make their identity more relateable to the rest of Australia. Let's all ponder ways we can learn more, understand, promote and contribute to the rich source of Aboriginal culture in Australia. May we be inspired to reach out, share and connect with Aboriginal people in an effort to bring an end to any stereotypes, racial divides, or misunderstandings. Let's instead promote healing which requires a lot of love, courage, and honesty and the belief it is possible. Remember, where there is true care, there is very little division. Love Karen XXX

### Life Coach Tool: 5 Ways To Support Aboriginal Culture!



#### Support Aboriginal Culture

Would you like to find ways to support, make a contribution and understand more about our Aboriginal culture? Please don't underestimate the contribution you can make. Here are 5 Ways below:

##### Way 1. Learn

- a) Ask "who is speaking."
- b) Read Aboriginal books.
- c) Read Aboriginal newspapers.
- d) Meet Aboriginal people.
- e) Watch Aboriginal TV.
- f) Buy & Listen to Aboriginal Music.

- g) Attend Plays or Performances by Aboriginal Theatre Companies.
- h) Watch Aboriginal films.
- i) Travel in Australia.
- j) Research on the Internet.
- k) Learn about Australian history.
- l) Find Aboriginal Nationals.
- m) Visit Galleries & Museums.

#### Way 2. Support

- a) Buy only authentic Aboriginal goods.
- b) Book Aboriginal-owned or operated tours.
- c) Promote cultural events.
- d) Book Aboriginal performers and speakers.
- e) Support Aboriginal education.
- f) Subscribe to Aboriginal-owned newspapers.
- g) Participate in Aboriginal events.
- h) Donate money.
- i) Do volunteer community work.
- j) Help with bureaucracy.

#### Way 3. Spread

- a) Share what you found.
- b) Prepare a presentation.
- c) Give feedback.
- d) Create resources.
- e) Organise a film screening.

#### Way 4. Advocate

- a) Acknowledge country.
- b) Write letters.
- c) Improve school curricula.
- d) Employ Aboriginal staff.
- e) Advocate Aboriginal representation.
- f) Create cultural awareness programs.
- g) Speak up in support.
- h) Participate in marches.
- i) Talk to librarians.
- j) Invite Aboriginal people.
- k) Consult with Aboriginal people.
- l) Fly the Aboriginal flag.

#### Way 5. Join & Change

- a) Join campaigns.
- b) Volunteer your time.

- c) Join reconciliation groups.
- d) Join an Aboriginal support group.
- e) Give philanthropic support.
- f) Inform people.
- g) Dispel myths.
- h) Point out racism.
- i) Organise educational courses.
- j) Inform family, friends, and workmates.

*This excerpt is taken from the Creative Spirits Website. If you would like to read more in detail on the above, I would suggest going to their website. <https://www.creativespirits.info/>*

### **Be Inspired Article: 10 Questions with Steven Blunden!**



#### **Who is The Real Steven?**

My name is Steven Blunden. I was born in Kempsey NSW and moved to Coonabarabran by the age of 4 where I lived most of my life. I am 18 yrs of age now and I live in Brisbane QLD. I am currently doing a Cert III in Rural Ops which includes: Bobcat, Forklift and Chemical Licences/Tickets. I am also working casual as a Construction Labourer and determined to complete my course as I'd like to live in the Gold Coast next year because I think it's just a beautiful place to be.

#### **Which five words best describe you?**

Resilient. Enthusiastic. Generous. Caring. Passionate.

#### **What was your first job and what path have you taken since then?**

Shearing was my first job. Since then I have done most of my work in construction.

#### **What's your proudest achievement?**

Finishing a 16 week Shearing course.

#### **What's been your best decision?**

Moving to Brisbane - being independent by 18 - with my beautiful girlfriend.

#### **Who inspires you?**

People who never give up; people who may be disadvantageded but never give up.

**What are you passionate about?**

Taking pride in my work.

**What's the best lesson you've learnt?**

Anything is possible if you want it bad enough.

**Which person, living or dead, would you most like to meet?**

Eminem (he's just my favourite lol).

**What dream do you still want to fulfil?**

Being successful but most importantly, being happy.

**What are you reading?**

I like to read News Feeds about what is happening on our planet.

#### **Daily Hint: Daily Improve Your Connection to Aboriginal People:**

Thank you! Your Daily Hint this month is to take an active daily interest and become more informed about Australia's rich Aboriginal Heritage. Remember, however, nothing can beat talking with Aboriginal people who have made a conscious decision to embrace their culture. And when you have their trust they share a lot more!!

*I am so looking forward to more of your feedback, suggestions, or what you would like to see in this newsletter! I'm thrilled to introduce Steven Blunden to you. Steven is a very grounded, decent, caring young man who I am sure is going to make a big difference to anyone's life he touches - both Indigenous and Non-Indigenous. Be inspired by a young Aboriginal role model forging a positive path.*

"

*Tolerance, inter-cultural dialogue and respect for diversity are more essential than ever in a world where peoples are becoming more and more closely interconnected."*

*-Kofi Annan-*

Yours sincerely,

*karen vella*

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**SUPPORT  
ABORIGINAL  
EDUCATION**

Tranby College (National Indigenous Adult Education & Training), strives to be the adult educational provider of choice for Indigenous Australians, to advocate for the communities and their empowerment & to be recognised as leaders and experts in Indigenous Adult education.

*Pass this voucher on to anyone whom you know could benefit from such a wonderful resource - please remember to mention YTO -*

[karen@youretheone.com.au](mailto:karen@youretheone.com.au);

**Offer Expires: 31 August 2016**

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