



## Founder of State of the Heart

### Jaquelin Faulkner

- Teacher of 15 years
- Lives in QLD
- Sayings to live by:
  1. Freedom over fear.
  2. Live and let live.
  3. Trust your intuition.
  4. Be the change.
  5. Critical thought takes effort.
  6. There's not 'I' in team.
  7. Know your rights – they could save your life.



## *Years 1 to 10 HPE Teacher*

### Jeanine Ghantous

- Teacher of 7 years
- Lives in VIC
- Sayings to live by:
  1. Where focus goes, energy flows.
  2. The mind, body and spirit are a team.
  3. Gratitude is the key to happiness.
  4. Love conquers all.



## *Years 1/2 Generalist Teacher*

### Kerry Forrest

- Teacher of 23 years
- Lives in QLD
- Sayings to live by:
  1. Throw kindness around like confetti.
  2. Be the change you want to see in the world.
  3. In a world where you can be anything, be kind.



## *Years 3/4 Generalist Teacher*

Hayden Murdoch

- Teacher of 4 years
- Lives in QLD
- Sayings to live by:
  1. Every adversity carries with it the seed of an equivalent advantage.
  2. Comparison is the thief of joy.



*Years 5/6 Generalist Teacher and  
Japanese Language Teacher*

Amanda Measday

- Teacher of 28 years
- Lives in SA
- Saying to live by:

"Play is our brain's favorite way of learning" - Diane Ackerman

"Making mistakes simply means you are learning faster."

"Good, better, best

Never let it rest,

Until your good is better,

And your better, best!"



*Years 7 to 10 Food Technology Teacher  
and Years 1 to 10 Visual Arts Teacher*

Leah Ryan

- Teacher of 21 years
- Lives in NSW
- Sayings to live by:
  1. Beyond fear, lies freedom.
  2. Observe, don't absorb.
  3. Stand up for what you believe in,  
even if it means standing alone.

## *Years 7 to 10 English and HASS Teacher*

Alex Garlick

- Teacher of 9 years
- Lives in SA
- Sayings to live by:
  1. Don't compare yourself to other people, compare yourself with who you were yesterday.
  2. The head thinks, the heart knows.
  3. Pursue what is meaningful, not what is expedient.





## *Years 7 to 10 Math and Science Teacher*

### Sabine Joseph

- Teacher of 25 years
- Lives in QLD
- Saying to live by:

1. You have the power over your mind... not outside events. Realize this, and you will find strength. (Marcus Aurelius)

2. Think for yourself. Trust your own intuition. Another's mind isn't walking your journey, you are.