



Continued from page 11

Defence Families Australia Winter News 2006

Research Project for Children of Deployed Members

DFA is proud to support a research project being undertaken by Felicity Shipley, who is a Defence spouse, as part of her Psychology Masters Degree at the Queensland University of Technology in Brisbane. The research project is looking at the coping mechanisms that our children have when the member is away on deployment. To achieve this Felicity needs to hear from Defence families who are or have experienced deployment recently. For further information please see visit our DFA web site. We believe this is a great opportunity to identify strategies that may assist all of our children for the future.

DFA Website: www.dfa.org.au



Continued from page 14

Goal, Set, Match By Darren Gallagher

This left me with two problems. No dance skills...and no bridal candidate. Never mind the second, the first problem I could address. GOAL: LEARN HOW TO DANCE.

For those of you that read my last submission, you will know that has happened. I have since learnt to dance, met a great girl and got married. Plus, wouldn't you know it, we didn't end up having a bridal waltz when all was said and done. What a dupe. But the point is, had I wanted to, I could have. And this is the same be you inside or outside of Defence. Think about what it is that you want to achieve, and then think about the best way you can go about realising your Goals and hence giving yourself some options.

Should you be in Defence, with the rank based structure being what it is, it is marginally easier for you to lay down some simple goals. Moreover, there are many opportunities in Defence to help you along the way.

Last year I had the opportunity to take part in the Air Force Leadership Exchange held here in Canberra. In short, the exchange is a gathering of people from different musterings and of different ranks, that get together and examine many facets

With Defence continually moving toward an idea that members are 'managing their own careers', there has never been a better time to stop and assess your career plan wherever you fall in the scheme of things.

of leadership. One of the most beneficial elements of the course, for my part was the 'Action Plans' (essentially, a form of goal setting). In this, each of us were asked to think about what is was we wanted, and how we planned to achieve it.

I will concede that at times, with the unpredictability of Defence, long term goals can be difficult to identify. Should this be the case, then pick

short term goals like things to do this year, or even this month.

With Defence continually moving toward an idea that members are 'managing their own careers', there has never been a better time to stop and assess your career plan wherever you fall in the scheme of things.

From the greenest of soldiers to the saltiest of seaman, or from the most patient of wives to the most irresponsible of husbands, it is never too soon nor too late to start lining up a few goals. Because who knows, with a little planning, patience and performance, you just might find yourself in a situation where you get to kick a few.

