



**Adrienne Day
(1978)**



Adrienne, who is now Chair of the Board of Daramalan College, was part of the first cohort of girls to attend Daramalan in 1977-1978.

How did Daramalan College influence your life?

Daramalan gave me a first-class education, wonderful friendships – my best friend from Daramalan is still one of my closest buddies today – and a grounding in great culture through the MSC ethos of Heart Spirituality.

What did you do after finishing Daramalan College and what are you doing now?

Since graduating from Daramalan College I've had three careers and many, many random jobs in between from nannying, to waitressing, to banking. I've worked in Sydney, London, the South of France, New York, Geneva and Canberra.

My first career was in Nursing (I trained at St Vincent's Hospital in Sydney). I then went to University to study Public Relations and Journalism. This led to my second career as a Consultant working for international Public Relations firms in Australia and Switzerland. My third and current career is running my own Communications Consultancy in partnership with my husband.

Who was your favourite teacher?

Col Jarrett, he was an amazing teacher and **Fr Harold Baker**, he was phenomenal person!

What do you think is your biggest career achievement?

There is no one single achievement that stands out. My career has been one that has built on itself. I've learned from my successes, my (many!) mistakes and by taking risks.

I've used these life lessons to forge a career pathway that has helped me grow and develop a broad skill set, taken me to many amazing countries and given me the confidence to establish my own business.

What is the most important thing to you?

One word ... family.

What is your advice for current students?

There are three lessons that have helped guide my life since I graduated from Daramalan College.

Life is a marathon not a sprint. Some current students will know exactly what they want to do after school and have plans locked in. Others may have a couple of options lined up or change their mind frequently. And some may have absolutely no idea at all. And all of that is ok!

Be curious ... chase opportunities and new experiences. Take risks and don't despair if things don't go quite according to plan. Making mistakes is how we learn and grow. I'm still making them ... and still learning!

Follow your heart. As an MSC school, we have been gifted a blueprint for great culture and leadership. Heart Spirituality calls us to be kind, understanding, forgiving, compassionate, gentle and humble. And to maintain a sense of humour even when all around is going pear-shaped. In a world where too often fear, anger and suspicion of the other dominate, this is a wonderful and powerful antidote.

What is your idea of perfect happiness?

I'm not sure it exists. And if it did, it would probably be only fleeting. I prefer to treasure what I have around me and look to find pleasure and happiness in everyday life rather than spending time in pursuit of an unachievable, or at best transient, goal.

Which talent would you most like to have?

I'm content with the imperfect me that I am. Although it would be fun to be able to fly!



International Women's Day Edition

INTERNATIONAL
**WOMEN'S
DAY**
March 8



This week we are celebrating International Women's Day. Adrienne will give us her take on the significance of this event and women's importance in life and the workplace.

Why do you think it is important to celebrate International Women's Day?

There is a saying that "We can't be what we can't see".

International Women's Day provides a global platform to push for gender equality and to celebrate the social, economic, cultural and political achievements of women from across the world.

It's important to keep highlighting the many possibilities that are there for girls and young women ... to help them realise they are not alone and that their dreams and aspirations can become reality.

What is the most important piece of advice you have been given?

It's not so much advice, but my siblings and I were very lucky to have been raised by parents who gave us unconditional love and confidence. They gave us a sense of self-belief and encouraged us to go for whatever we wanted to do. And that's something I've tried to give my daughters as well.

If you could have dinner with inspirational women, dead or alive, who would they be?

Julia Gillard, Jacinda Ardern and Malala Yousafzai.

What did you dream of being when you were a little girl?

At various times I wanted to be an archaeologist, author, air hostess and Australia's first female Prime Minister!

What is the most important message you want to send out to young women?

For many years women have been told "we can have it all", which generally translates to having a professional career and family -- and doing a great job at both.

My personal, lived experience has been, you can have it all but just not all at once.

There have been times in my life when I was totally absorbed in my career, and times when career has been put on the back burner so I could focus on family. And when I did take time out of work to focus on family, I did not become deskilled. In fact, I gained many more skills that made me better at my job!

So when it comes to "having it all" (and I do note that having it all will mean different things to different people), my advice echoes that for current students - don't put pressure on yourself, don't try to do it all at once. Pace yourself, trust yourself, believe in yourself and be kind to yourself.

Because, at the end of the day, the journey that is life is a marathon, not a sprint.

