Breakfast with Tina Haywood

**Tracey Sawyer**  
It's like I've had a goal in front of me and I'm just headed there.  
I've qualified as a lawyer and accountant and part of my corporate career was working lots of different places around the world. I was at KPMG as   
a tax accountant. I've worked in legal publishing and business publishing in Melbourne and in London. I've worked in community legal centres. I've worked in global law firms in Hong Kong, London, New York.  
I've worked in the in-house legal departments of HSBC and the head office in London and NAB in the head office in Melbourne.  
I worked in a barristers chambers in London.  
I've worked in charities in Africa and Eastern Arnhem Land and I've worked for a couple of agencies with the NT government.  
I just want to do a couple of highlights from that part of my career. When I was at JSM, Johnson, Stokes and Masters, it's a Hong Kong quartered Asian law firm and when I was there our largest client was HSBC Bank which was headquartered in Hong Kong.  
And I had a vision for an extranet facility and this is going way back when this was quite new thing to do, and that extranet facility gave them access to legal information and information that we'd created that they normally wouldn't have access to.  
It was an industry first and at one awards and it was something that hadn't been done from the London law firms or anywhere but the reason I mentioned that is causing importance of having the vision and thinking outside the box and then bringing people with you.  
So I just want to also say my definition of leadership is inspiring others to be the best versions of themselves.  
So this is my journey about doing that sort of thing and that's part of it.  
When I could see a vision and bring everyone along with the vision. Another highlight, an interesting one is when I worked at Moncton Chambers in London.  
It's a barristers chambers, and I decided it was reflection of my personal life at that time, to enter that job operating from my heart.  
Before that, I'd been in all these corporate roles and I've been very much in then  
I guess the male paradigm, having to be tough, wearing my Armani suits and everything else and this job I decided I would be soft and I would operate from my heart.  
It was a very different journey.  
It's a very different role for me because I kept my heart open for that job when I left.  
The QC is now a High Court judge in England and was crying because that was leaving and it just showed the power of connection and the gift that comes with vulnerability and authenticity, rather than trying to fit into what I thought I had to be in a corporate space.  
I was also very fortunate to get scholarships and grants to do a Masters of Commerce in philanthropy and social investment, and a nine-month community leadership program, and that also helped me expand into the social sector.  
This journey which you can already tell is a bit all over the place, saw me visiting Tanzania 20 years ago and being invited to a Maasai ceremony.  
If anyone’s not aware of the Massai, they're tribe that jump up and down.

They asked me to help with a water project and I said yes and I birthed Testigo Africa which is a charity that I set up in Australia, it’s now registered the ACNC with DGR in Australia and in Tanzania.

One of the earlier things we did when we when I took on the water project, I had to address the ability of the Massai and there were more than 200 Massai there and I'm speaking to them in English and it's being translated to Swahili, and to Maa, Massai language and then when the village people were speaking their language, whichever one they used was translated back to English for me.  
And we've been meeting for quite a few hours because when the Massai I speak, they they're very deeply sincere, it's part of the culture.  
You don't interrupt someone that's speaking.  
You listen to them until they're finished speaking.  
So they're a lot of boring talks, but they they went on and they're men and then this older woman stood up and the men sniggered, dismissing her.  
What's she doing standing up?  
But she stood up.  
And I've got goosebumps just telling this story.  
And she just said water is a women's issue.  
And I was sitting there silently going, Yes, This is why I'm doing it.  
And she was such an example to me, of leadership, of a woman who's prepared to stand up, prepared to ignore the jive, the cultural rules around women shouldn't be speaking when there are men present.  
That's sort of thing, incredible.  
While we were doing the water project, I witnessed the hardship of the Maasai women.  
They have to collect the water they build the mud huts.  
They have to provide the food.  
The men don't help with any of that, and so I suggested permaculture training and I suggested in the village that I've done the water project.  
By then, Nonya was and still is my best friend and my best friend for 20 years.  
And a Maasai woman, and I said to her why don't we do permaculture training?  
I tried to explain to her what they would involve and they're pastoralists and she's like, well, I don't think we can grow in these desert conditions.  
And I'm like permaculture is the perfect solution in these conditions of work and because I had a relationship with them and I was part of the family, they trusted me and we started training permaculture.  
I had a male horticulturalist who had a bit of a permaculture background in Tanzania. I used him for the first training.  
And the second week, one of the trainees, a Maasai woman came up to me and said, can you please come to my home, which is a mud hut surrounded by bushes and can you see what I'm doing?  
And she'd already created double dug beds, sack gardens, keyhole gardens and things that we started teaching, we didn't teach, by the way, just for a week or two we stayed for months, we stayed through wet and dry seasons, through pests, not just insect pests, we had elephants, ostriches, warthogs, you name it coming through and destroy her garden.  
Her belief, she said to me.  
As soon as you brought this training, I knew this was what I was meant to do in my life and she was a leader, she stood up to be a leader.  
She showed by example and I said to her, OK, I've been asked and this is what happened.  
After that first village I have trained so far 38 Masai villages in five schools and those schools have trained every student and teacher.  
So in one school, there's 330 students that we trained and one of the more recent schools we've trained every year the new intake that comes in all gets trained and they all work on the gardens.  
So I said to them, can you please go to that village and train a group of women?  
And they did.  
It was fantastic.  
So that became a model, train the trainer. And these women are illiterate, so there's no notes.  
It's just oral training. Some of those women stepped up and they created an organic greens business and they were supplied to hotels at the border town, Kenya.  
Some entered the local economy for the first time as wholesalers and some had microbusinesses as well.  
So my leadership journey has changed to empowering others to be leaders and that's been the most special part of the journey.  
Also we sponsored some students, we sponsored a Maasai through to qualify as a lawyer so he could fight for land rights to the Maasai.  
We sponsored Goodla who used to work with my charity for three years to be a doctor and he's now working with Maasai communities.  
One of the key things about that leadership journey is the volunteer aspect, and I think you know that one of the hardest things about being a leader, anyone can stand up and be a leader but when you're leading volunteers, you don't have to be there.  
You're only going inspire them if you connect with their passion, and that's one of the things that I found really interesting and ended up with 50 Australian Monash University students volunteering and some of them stayed for 14 years with us.  
So it's that that was the magic too.  
And so you can see that my passion's been empowering Indigenous communities, the journey’s following synchronicities and open doors.  
It's not about me, it's about the people and communities I work with.  
So right now I've joined Cross Cultural Consultants which some of you might be aware of.  
It's an Aboriginal owned and directed consultancy doing cross cultural training and also working in remote communities.  
It's fantastic work and again I get to work with communities which is what my passion is, and I've also set up a healing practice.  
Since 2007.  
I've been a shaman, a Reiki master.  
I do energy healing and that's set up now in Darwin.  
So anyone wants to know more, come and see me afterwards.  
Happy to provide details of any of that as well.  
Now, onto Tina.  
For the past week, I've been listening to Tina's audio book.  
I been listening to Tina speak about her journey, and as I've been driving between Darwin and Palmerston and on that drive I've had waves of goosebumps over things she said.  
And yesterday we spoke and again that connection, it's a magical journey, so I'm just gonna talk a little bit about Tina to introduce her.  
Tina Haywood is a proud Yupungathi/Gangalidda woman from a Queensland community with a remarkable 11-year career in the army, she embodies the resilience, confidence and courage of her mother, who wears many hats.  
Tina's journey isn't just about breaking cycles.  
She's pioneering the way forward, blazing the trail for herself and inspiring countless others along the way.

From local to global stages, Tina's story serves as a beacon of hope.  
Her diverse career includes roles such as mentoring Indigenous soldiers in the Australian Defence Force, teaching youth, managing community housing, governance and more.  
Through these experiences, Tina showcases the transformative power of self-belief.  
Tina’s life is a testament to overcoming adversity.  
Growing up in poverty and facing domestic violence, she quickly learned the importance of resilience.  
Recognising the cycle of intergenerational trauma, Tina made a courageous decision to carve her own path.  
In her book, We are Warriors, a Aboriginal Woman's Life.  
Tina shares her journey to inspire other women to make bold choices.  
She's a vocal advocate against domestic violence and sexual abuse dedicated to empowering people to become strong, independent, leaders.  
Tina’s mission is crystal clear, to turn intergenerational trauma into intergenerational wisdom.  
She also has three other books in the works, or four books I think now, each addressing trauma and leading the waves of those inspired by her story.

Tina’s passion for her work is evident in her travels across the globe, sharing her story with millions through podcasts across America.  
She believes her unique experience can serve as a guide for survival for others.  
Tina is deeply passionate about what she does, knowing that she's uniquely positioned to help countless others. As a living example, Tina Haywood shows that anyone can become who they aspire to be, regardless of their background.  
Through her resilience, confidence and courage, she illuminates a path for others to follow, bridging worlds and paving the way for a brighter future for generations to come.  
And Tina.

**Tiny Haywood**  
Good morning ladies.

I’m a proud Yupungathi/Gangalidda lady and I would like to acknowledge the Larrakia people of this land, past and present.   
And if there’s any First Nation mob in the room, Indigenous brothers and sisters.

I do see some familiar faces in here and it's really good to know that people standing here might hear my story.  
I do wear many hats.  
I’m a sergeant in the army to this day.

I speak with all international allies for Australia.  
I do a lot of the cultural talks with the US Marines.  
I thought you know what? Last year I got in a plane and went to LA and I think, wow, this little girl from XXX, my school XXXX is going to jump on a plane and go on the other side of the world with my two little lovely little suit cases and my backpack and I'm said to my kids. My business. My journey.  
I'm ready to roll and my kids like oh you get go on a plane, and I’m like calm down, come down.  
So my story is something different and unique and like I always say to women and they're not only national, globally, and young men, we are unique because we bring something different to the table.  
OK, in my story here, I did this for the International Mens Day talk when I was a Corporal.  
So these three women here, are very young, very, very high up there with the world, I say because we all have a different story to tell.  
This is the RSM for the Australian army.  
She works underneath the Chief of Army.

And this is my boss. She's a first Aboriginal Lieutenant Colonel woman from community.  
So that makes me feel proud because it's there so much high ranked officers in the army, but having a First Nations lady there, I was like, wow.  
And you know what?  
I get to be her little PA.  
I thought it I was real deadly with that photo too.  
I was like, wow, I'm getting a photo with the RSM of Australian army.  
But you know what?  
Just because she's got a uniform on, she's just as amazing as I am.  
And I was pretty nervous because I was shaking.  
I was box breathing because I was with the chief of army.   
And I was lower rank with all these high ranked people.  
Now, I'm a Mum of seven.  
I proud to say I'm a Mum of seven.  
Ohh, I'd have someone that you know.  
Like what was?  
You know, I always had someone that disempowered me.  
I I grew up in communities, I moved to Borroloola, to Tenant Creek to Mount Isa.  
My story is different.  
I grew up with domestic violence since I was a kid there was sexual abuse throughout my childhood, right until I was 16 years old.   
Now I'm going to say, if anyone feels triggered, If you have any trauma that might be triggered, it's OK to walk out, I understand.  
I started this group chat and was like, hi, who does web designs? I want to do something that pops that people can see.  
And I did this design and they sent that back to me and it was quite amazing when I was like oh my god, this is happening.  
My cousin came up to me, she said to me.

Tina, I want you to come and have a talk for social, emotional wellbeing. And I said I don’t think I’m ready for that. I could talk in a little small crowd.  
So I was like, well, why not?  
So my big first talk was in front of all these big COs and admirals and I was pretty nervous, and all these professors and psychologists, and I was blown away.  
And someone said to me all you don't look First Nations person I said, oh, yeah.  
Reason why I had this map here is there’s so many cultures in Australia. There’s 850 and there's 250 dialects.  
As much as I speak to the Marines and international allies about my story for our cultural stuff, this is everywhere in Australia.  
But you know what?  
We all come from different tribes, different areas, but we all make one and when women come together we we're strong.  
We are warriors.  
That's why my book is called We Are Warriors.  
We are warriors because you know what?  
We're the backbone. We’re the doctors and the lawyers, the counsellors, we are everything that people don't see and we wear many hats.  
There's many nations that we are, and we have many inside of us, of who we we’re going to become too.  
So I was like, you know what, I'm not going to stop there.  
Now when I say I lived in that little tin house back in the day, in my book, so that makes sense.  
That’s back home. And that was our home.  
I love that home.  
That was my everything.  
I could sit down and tell stories to my siblings and my cousins when the lights went out we ran back to that house and run to school barefoot, that was very unique and I think I've put that in my book too because I wanted people to know that sense of how we lived, in from where we lived from where I live to where I am today.  
Now I was in an out of foster homes, because of the violence that was going in my own household because of the trauma. They were my Mum and Dad. Bless their souls.  
That’s my sister, check me out with my deadly eyebrows.  
That was the trend I'm telling you, and we were related.  
Every single one of us. This young fellow here, he is my first cousin.  
We had a big horrific car accident on Christmas Day and I lost five of my family members and he lost his mother.  
That became an orphanage.  
So these two people my Mum and Dad that took us kids in.  
I was put in that home because they were my cousins and they place you with family when you can be.  
And I was very lucky to be placed with my cousins because I was the eldest, and they were like oh no, Tina’s here and I was like oh my goodness. Is that a bad thing?

But as much as I went through different homes, there was 12 times we were shipped that about.  
I wanted to find a sense of belonging.  
I just wanted someone to love, because every time we got bashed and I got picked up.  
I was like, wow, who's going to love me?  
So having a home and that stability made me feel I was loved.  
Then I've got shifted up to boarding school.  
Back then, we had to go to boarding schools. So they set us up to a place called Atherton and I'm met my second foster parents. And she was Irish and he was Australian.  
I’m like wow, meeting people from the other side of the world, this is amazing, you know, and always a very shy kid, trust me.  
You’re like now you don't look like the shy type.  
I was so shy.  
I would sit in the back of the bus.  
I would cry because my Mum had eight of us and I was the eldest and she’s like Tina, we have to lead the way, because every time I saw Mum get bashed, I’d get bashed.  
So I hid the kids and put them in the room and put a butcher knife behind the door.  
So if anyone knows what a butcher knife is.  
It's a big knife that, in cutting up cattle, you know, when we’re out in the station.  
So this was all my family members again.  
We were from Mornington, Normanton, Booroloola, we were from remote communities and there's me, my big, sexy, high socks.  
I thought it was the best trend at that time.  
I was like oh goodness I'm going to wear socks too.  
But you know what?  
Because we had no clothes and that.  
You know what, my cousin, this is my cousin here.  
Is my first cousin.  
She was the one that lost her Mum and that big car accident.  
So we became very close, she said.  
Here grab my socks.  
But you better wash and give it back to me.  
I'm like, OK, I'll give it back to you and I was such a clean freak because of the trauma I had with inside me.  
So I gave her back clean socks. So that was my little day.  
We thought it was all good. So that was a really good memory that one.  
This is where I packed up and went to America. I would say I felt on top of the world.  
I worked my heart out. And my kids, my eldest son he hugged me and he said  
“Mum, this is your journey”, he said because every time you made home feel good, you had food in the fridge for us, you go on to tell your story to people that don’t hear your story.  
And because I'm from a different background, people in America were just blown away.  
The lady on the podcast, she was a prosecutor.  
She's a native American and she said.  
Can I ask a question? Tina, what is with the hands?  
I said, you know what?  
Because I want to lead, I want to lead the way for young people, not only young people, because I have 6 beautiful kids looking up at me and say Mum, how do you lead the way from being divorced and like oh my God.  
I'm ashamed for my family because I've got divorced.  
I got all these kids.  
How have I managed to make a different pathway.  
That is my two twins hands.  
That's my hand, my boy twin and my girl twin.  
And the reason why I had that hand is to bring up the next generation, to break that cycle.  
Because you know what?  
When I was with my family, my second family, everything was still repeating that alcohol or the abuse, the disempowering.  
Every time someone sexually abused me because that was the family member, every time we moved house, it was like, I can't live like this. I just want to die.  
But you know what?  
I didn't die.  
I'll put all my pain, not all my pain, but putting my little bit of my story into this book, and I said, you know what, as women, we are warriors.  
No matter what walk of life you come from, someone's been through something horrific, whether it’s now, whether you went through it in your childhood, you become a leader within yourself.  
You become a leader within those that look up to you.  
Because I had these beautiful children looking up to me and Orlando he sat in his pusher looking up, and he said Mum, we’ve got $20.00 left.  
I want to go to that place McDonald’s. And I said oh, let's go.  
I'll rewind that, I said let's go to Macca’s, even though I didn't want to tell my kids.  
That was my last $20.  
We're going Macca’s and back then you could buy a good meal, and I had one and all the kids would share.  
And I’d share sparingly. And on that box was Sea World and Movie World.  
You know you’d win the competition, and he’s like I want to go to that place, and I said to him, we will!

Well, I took a big, deep breath.  
I said we will.  
We got home and I put him to bed and I’m making lunches and wandering about and I cried and I was like, you just lied to your son, you know you're not.  
I didn't actually, because as years went on I joined the army. I didn't get disempowered being a single Mum of six or you’re a Mum you shouldn't be here.  
You should be out looking after your kids.  
Well hello, I am, because I want to show I have the power within me to become whoever I want to become and I'm going to be a leader for my babies.

And so that’s the next cover to Her Life.  
I've just got my masters degree in psychology.  
It's like what? How did you get there?  
From living in the creek, to being a school teacher, to be a mother to all these gorgeous kids. It's like I'm going to become this. Every time someone knocked me down.  
My Mum, my foster Mum, bless her soul, she said.  
I couldn't save you every time you went to a different home, I couldn't save you.  
I said you did.  
You gave me that sense of love.  
And you gave me a purpose, and that purpose was to keep going.  
You know what you were so stubborn.  
We would chase you.  
You would hide in the cupboard and say I don’t want to go, don't let me go home. And I would hang on to her.  
She would move her leg and I'll be this kid dragging.  
You know, that naughty kid.  
I was that naughty kid dragging because I didn't want to come home. She was my home.  
This book I'm just about to publish, this one is called The Trauma Within Me because we all have hidden wounds. I demask myself when I walk in the room because no one knows the pain that I went through, unless I share it.  
So you feel safe to share with people that knows and understand without judgment.  
So I thought I was real deadly, so I got this big photographer, and I’m like hey, I've got some money.  
Can you please take photos?  
I said to the kids, I feel like Paris Hilton the supermodel, and we have a little group chat.  
My sons all have a bit of a laugh.  
My oldest son, he's ex-army and he was artillery.  
He’s like, come on now super girl, calm down.  
But my kids are my best friend because they've lived that journey with me.  
This here that was when I hit rock bottom.  
Even though my father was the abuser, for some reason, I did nothing.  
I don't know why.  
Maybe it was how we were taught to love one another, because all I saw was love.  
When we said our goodbyes.  
That was all the kids here and to say goodbye.  
I got up and said my speech and trauma really hits us and as I was grieving, I said no.  
I'm going to rise more.  
So I said my goodbyes and I said thank you.

And that's another amazing yellow picture there with me for the six months apart from my babies, so that trauma that I used, I used it as power and use it to rise, not to go down.  
Because sometimes within my own culture, I notice my family would get on the on the alcohol and they will drown themself.  
I said no.  
Tina, journal, journal, write.  
But I burned it because I was too afraid of my family.  
My grief, what I was writing, and I wasn't writing, disempowering them.  
It was just more journey, my story.  
So this one is at six months apart, I'm away from my babies more than six months a year, they give a lot of sacrifices as much as I sacrifice for them.  
So if it wasn't for them, I wouldn't be doing what I'm doing today.  
You know this one here.  
This touched my heart.  
That's when I spoke for the Minister of Australia.  
You know what?  
I've got the camera, and I was like oh my goodness.  
T, T-dog this is what I call myself.  
There are all these big people.  
How are you going to talk in front of them. Well, you know what?  
That night, I rang my beautiful kids.  
I had a talk with them. The next day I walked in the room of all different people, professors and everyone alike, I thinking every looks a little bit cranky and like I am going to bring an energy vibe.  
I walked in front and said good morning everyone, how are you?  
And then people were like oh another talk.  
So what made it a little bit exciting. I told a little bit of funny stories, but the best part was when I told them about Tony Abbott.  
This is goodbye, I said.  
You know what we would do PT on the Saturday morning, my CSO said Tina,  
I want one of the fit indigenous soldiers and I was like pick me pick me and like I didn't even get to you yet.  
Tina, I'm like, no, you know I out do them boys.  
Come on, Sir.  
And he was laughing.

He said you were on the books anyway. So that day we were welcoming the US Marines to Norforce and my CO says, well one of my ranks at the time I was a digger. And Saturday the VIP cars are there and who comes around across the table? Tony Abbott. And my eyes lit up.  
My God, Tony Abbot’s come across. You could understand how I felt.  
Meeting someone up there when you come from community. He comes across and he stands beside me and, my RSM says “OK, Tina that’s you there, Sir, and me.” And me I'm like what am I training with him?  
I started getting nervous.  
Oh it's on. It's on.  
I was breathing and I saw the marines training  
And you know what?  
There was me, Tony Abbott and my RSM.  
There was 3 of us and we were on a team, and we were smashing it, and as he did a push up, I was like he knows how to do these. Because he was fit. That was one of the little milestones of my life.  
Then I get to meet the beautiful governor general Quentin Bryce. Does anyone remember her?  
Oh my goodness you know how amazing it was standing up there in uniform and she says who are you? She said OK breathe. I said my name’s Tina. My name’s Tina.   
She said calm down It's OK. Because then, we had you know, the news reporters and everyone there and all I was thinking is does my hair look good?  
If it looks good because I would tell you, you know, and it was funny because I told her that I had children and she said I have children too.  
And she said, you know what?  
I could see the passion in your eyes and I said oh thank you.  
And she said keep going and her words, and she touched my shoulder and it was like that amazingness went through me and every time I met someone that came from somewhere that was up there.  
And she said that don’t forget because where there's a strong man there’s a  
strong woman, isn't there?  
Because we are the backbone and and you know I'm not here to disempower gender.  
I'm here to show you that you can overcome no matter what.  
So that's when I landed in Los Angeles.  
And you know what I was saying is like, what?  
That's it? Where's the airport?  
It’s flashing and there's nothing there.  
Then I want to Santa Monica I was freezing and like oh Tina you should have checked before you come over what season it was.  
So I went out and bought this jacket and I thought I was really deadly and I sent the photo to the kids, but then I went out to Joshua Tree because being a spiritual person too, I wanted to understand what this was all about.  
And that's the tree, Joshua Tree.  
Then I go out to find where there's big mansion, like a big house where they do all that resilient stuff and like, is that it?  
You know, so I close my eyes and I sang out to the ancestors of the land, I was petrified being away and I couldn't feel my old people around me.  
My ancestors, I said.  
Hey, please don't let anyone shoot me over here.  
No one car jacking.  
I think I watch too much TV.  
Yeah, I think I really did.   
And it was time to go.  
So I've jumped in the car and then I travel over to Palm Springs.  
And you know why I took that photo, because I saw Marilyn Monroe.  
That's a strong woman.  
And I said, you know what?  
I'm going to take this photo because that's a milestone for me when my kids say, you know my Mum is our leader.  
This is a good one, that's in Las Vegas   
I walked in, I saw the lady, she’s like hello, and I’m just you’re bright and bubbly too.  
and she looked at me and said yes. I said I’m from Australia.

I said sister and because she was African American, l said I’m black too.   
I don't know if I said the wrong words.  
And she looked at me like hmmm. I said no, no, no. I'm First Nations people, but her attitude changed because it wasn't about the colour.  
It was I was just excited to see another person, you know.  
And I said, look, I'm sorry.  
Look, I said stop.  
I'm so sorry if I offended you.  
I don't know how you talk over here, but I'm Aussie.  
And she was like you told me that already.  
And I thought oh I haven’t won her. She gets me my keys and I think I did win her.   
OK, I didn’t know where I was.  
There were all the places of gambling and I was very cautious. And out comes out a man and he says hey do you want to buy a watch I say I’ve got plenty of family for that.  
I've got plenty of family to ask me for a loan.

This one here I was on the Tina Ramsey show, we had, no lie, and my son he is my mentor and my monitor.  
He's like there 350 million of these, and I said brus take a screenshot.

Are you serious? He said yes Mum. When I told my story, she said.  
Wow, because they never hear about us you know, unless you tell that story.

And it was so good because her name, she said.  
It must be good knowing two Tina's.  
I said, I know sister.  
You know, it was so good because I said where I come from, usually we feel at ease for calling sister of brother you know. So that's when I did my first podcast over there.  
I did Anzac Day, I did the laying of the wreath.  
That day was pretty magnificent for me because I didn't have any family around me, when I joined the army, not one. I was with the soldiers and I walked up to the podium to give the ode. I looked into the crowd and my face just dropped because of my son.  
My eldest son, he's 25.  
He stood there because he rushed, he said to a friend that he called Arnie, and he said, hey, my Mum's talking today.  
I really want to watch her talk. Please take me out.

And as I was getting there, I had big lump in my throat, I had to take a big deep breathe because my back and standing beside me, I looked and I saw this handsome young man in the crowd, and he looked at me and he said continue Mum and I did. I did with pride and that's why this photo I wanted to show that photo because I knew I had someone standing beside me.  
So that's the Chief of Army, the RSM and his wife. So like I say, I take photos with these people to show and tell my story because when my grandkids and my great grandkids pick it up and know this is what Nana did.  
So I'm leaving that legacy behind.  
That was International Women's Day.  
She’s a young officer from America.  
She was quite touched by my story, so like I said, we all come from all different walks of life.  
So each and every one of us, told a different story that day.

And this is up in Arnhem Land. I’ll tell you, I was the showcase, I pregnant then.  
When Mrs Woolf rang me, Mrs Woolf, I think you’ve heard of Kate Woolf.  
I grew up with that family that are very close and we came from Mt Isa. So Mrs Woolf rang me and said I have a lovely lady up here that can talk.  
I'll go there and all these lot were so excited and it was it was really good to know that you can make a difference to people and communities. I love that.  
They all got up and had a talk with me got all excited and gave me a big hug. That’s up in Milingimbi I think.  
So me and Mrs Yunupingu, we did the chair last year for the National Indigenous Social and Emotional Wellbeing Forum.  
And we got up and told our stories.  
And as she was telling the story, she looked at me.  
And I leaned over and I was sitting down, and because we were talking about suicide, she looked at me and leaned over and I grabbed her hand as she was telling the story.  
So while he was setting beside us, I held her hand.  
So she could tell her story. And she said, sister, I've got a painting.  
I said who are you going to give your painting too? She said Ray Martin.  
I said wow.  
So you know what?  
I didn't wanna be any different to any of them. When we were talking I sat on the ground with them too.  
The show them I was no different.  
I was just as equal as anybody else in the room, you know?  
So that was a beautiful story.  
That was what I was talking about understanding suicide.  
Because I I lost sisters and brothers and nieces and nephews to suicide as well.  
So this one here. I had a beautiful phone call at 9:00 o'clock at night.  
This Friday night, I was standing on the balcony having a glass of wine.  
The kids rush out. Mum, Mum, Mum the phone. One of them answered.  
HI Tina, and it was the Brigadier, and I stand up, I’m bracing up too like she can see me, you know I still have that respect.  
She said guess what, you’re on the cover of a magazine with Julie Bishop.  
She said how amazing is that?  
I said oh man, I didn’t even know, I said which one, which magazine because I needed to know.  
So that magazine was Hepburn.  
I was pretty blown away when she said that to me.  
So when I told my story, I was like ohh, someone wants to hear my story and it was really good because you know when I go into my kids rooms, and they have a this article or they have their book and it was good to know their friends are like your Mum's famous and they said no, my Mum's not famous she’s just being a Mum.

That's when we had a welcome the country and that's when the woman in the centre came up she was very drawn to me and I was like, wow.

**Deirdre Campbell**   
You all look like best friends.

In this photo.  
 **Tina Haywood**   
So what an amazing lady to meet, you know, another strong woman.  
Another leader. And she says hey do you want to come to trivia night and I was thinking oh god she’s going to force me to go

And my boss here. I love my boss because she's such an amazing woman, she said.  
You go because you know what? You're a people person.  
I said but no I'm introvert too and she said “no, I think that's it.”  
So, once again, meeting beautiful people like that.  
It makes you feel you have sense of purpose.

And then we tell this story for Anzac Day.  
We went throughout all the communities throughout the territory, which is really good in our journey.

And that's when I took the marines down to Barunga. The first time they’ve ever seen blackfella community. They said “Tina, there’s wild coyotes”. I said nah man it’s only camp dogs.  
This one is a chief psychologist and she said, really these dogs are okay? I said they’re only looking for a feed. It was so good to tell them stories and they told me their stories. So I was always surrounded by strong women.  
This photo I thought I was real deadly. You know becoming a sergeant. And it was that feeling of feeling good, it was that feeling of being a leader or the leader.

RECORDING STOPPED FOR 3 seconds

So that's when we all we all got to add a little triplicates there.  
We all celebrating that was one journey to keep going and we all military Army, Air Force, Navy and APS and one. So my, my, my little and I make affirmation cards and I'll tell you why I do cards. When Mum lost dad when we lost Dad and we lost meeting on the road, mum would say Tina to ring me every morning even though I was going through my own trauma, she said, “Please tell me something positive Tina.”  
Every morning I'ld ring my mum, my mum was drinking and I said mum, you need to stop, otherwise you are gonna lose me. And I love my mum. She's my she gave me everything as much as the trauma I went through. She was an amazing, mum. That's one thing I will never dispower my mum.  
She had always, even though we starved and lived in the creek for months after months, we moved houses so many times. I would brush her hair when she got bashed and I would mother her. The quotes I would say to her, I would tell her different quotes. So now I make different affirmation cards and it's on my website.  
So every time I told a different focus to make it different, so I said, “Do not do not give your past the power to define your future”, because you know what someone's going to know the old Tina, the old one and you know what they will do? They're going to rubbish you and I'm like, you know what? That's okay, that’s on them.  
Because they don't know the new me. I changed for me and if that's what they want, they're not going to disempower me. They're not going to take my power.  
I am who I am because I choose who I am and I'm going to keep going forward because they don't bring the shine into my life - I do. And it is what I choose, and it's what I allow is the boundaries. I let and I'll cut off a lot of family and a lot of people around me because I want to keep filling my cup to the brim and when I get down here everyone knows I do my own thing.  
So like I said, never base your life when others opinion. Never do. I never do. Every time someone told me, I was a dumb girl, you can't get anywhere in life.  
We'll look at me now. I get to get and stand in front of you amazing people, you know, and everybody that I meet on my journey because everybody, that you come across bring something different to you.  
I love this lady, as you could see a lot of love and respect. Yep, we'll keep going.

That is down in Goodna telling my story and talking to all the youth, disadvantaged youth, down there. This was really good because I tell you, I had so many young kids that look up to me and no matter where they came from.  
I do have an adopted son he's a little, umm. He is maori and his name is Watermoo.  
And I'll tell you, my sons name is William and he said to Watermoo, “so Watermoo, there is only one William in this house (because his name is William too), he said.  
and it's me! And Waterwoo said, it's okay, William, we will let you have that name.

That's when I did my talk down in Brisbane and then went up to Cairns. So that's just showing my journey with the keynote speaker and all those various.

To break the cycle, “Be the person who breaks the cycle, who have scars and traumas passed down on to you, but now stand up and say no more pain. It's means you have conquered the pain don't allow the scars to hold you hostage.”

To me it was like there was a wound that I keep coming up but I didn't let it heal my healing journey is forever, and that's with everybody.

And now all I say to people, now I’m a warrior because we're no matter who you are, you are. You could go through something, but you know how many times you get knocked out. We get back up. It's like a detour and we rise again because you know that it's a bump. That's like either, we learn from it, It's a lesson, but we gain something different to change our mindset.  
So I came, became this person who I am because I want to change the mindset, I wanted to break that cycle and I'm the first in my family to break that cycle and get up and I’m going to continue keep doing that.  
Not only am I the person and I showed my babies that I swore and those that talk to me. So that's my story.   
So I hope I didn’t talk everybody’s ears off and I hope, is there any questions could I do, I'm excited to hear any questions. Maybe ladies, text me.  
But thank you, though, I honestly really appreciate today, because it meant a lot to me. I was in the car excited, but I'm very grateful. Thank you, Anne, thank you, Tracey, for having me here because I get to tell my story.

**Tracey Sawyer**

Thank you, Tina, that was amazing. When you said you used your trauma to rise, you have, you have risen, it's amazing. And the people that you're taking on the journey and inspiring and your own family as well.  
Thank you everyone for attending in person, please stay and ask Tina questions if you like and to see if valuable to talk to and anyone online.  
Thank you very much for listening in and being here as well and yeah, so I just closed today and thank Tina again.  
Thank you.