

From: [NATA Education](#)
To: [Naomi Aitken](#)
Subject: NATA Education - February Newsletter
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Dear Naomi,

This month's newsletter features key insights in our highlighted article, 'Have you made progress on your New Year's Goals and Resolutions?' We hear from Alexander Walsh on reframing risks as opportunities and explore how leaders can better understand what they should do and who they represent in their role.

We hope you enjoy this edition and as always, we would love your feedback and any story ideas that can help make this newsletter valuable for you and your organisation.

Have you made progress on your New Year's goals and resolutions?

Did you establish any resolutions for the New Year? According to a recent survey by Finder.com.au, 74% of Australians - approximately 15.5 million people - have set

New Year's resolutions for 2025.

The survey, which included 1,010 respondents, revealed the following:

- Women (80%) are more likely than men (69%) to set goals for the New Year
- Younger generations are particularly inclined towards making resolutions, with 91% of Gen Z, and 82% of Millennials participating, compared to only 55% of Baby Boomers.

Not surprisingly, health-related objectives dominate the list of resolutions:

- Nearly two in five Australians (39%) aim to adopt healthier eating habits
- 37% plan to enhance their fitness
- 33% are committed to losing weight.

Other common goals include:

- Traveling overseas (20%)
- Getting more sleep (17%)
- Achieving a better work-life balance (9%)

Women are more likely than men to set health-focused resolutions with 42% intending to eat healthier and 38% aiming for weight loss, compared to 36% and 28% of men, respectively.

Financial aspirations are also prominent for Australians in 2025. The survey found that 85% of respondents have set financial goals, with the top priorities being:

- Saving more money (52%)
- Spending less (32%), and
- Reducing expenses (24%).

Additionally:

- 17% aim to invest more
- 16% plan to build an emergency fund, and
- 14% are looking for ways to increase their earnings.

Younger generations are particularly focused on financial objectives, with 95% of Gen Z and 91% of millennials setting such goals, compared to 84% of Gen X and 70% of baby boomers.

Struggling to stick to your New Year resolutions?

Most resolutions fade by mid-January, discover practical strategies to get you back on track.

[READ MORE](#)

Finding opportunity in risk

Risk is *not* a negative according to NATA Senior Learning and Development Trainer, Alexander Walsh. He believes that managing organisational risk can lead to positive outcomes and new opportunities.

See February's edition of *NATA News*, for the article '*Finding opportunity in risk*' and watch his full presentation from *Accreditation Matters 2024*.

[READ MORE](#)

Are you new to your leadership role? Interested in becoming a leader? Need help resolving specific issues?

Effective leadership means balancing three key roles: representing yourself, your people, and your organisation. Mastering these

responsibilities is essential for strong and ethical leadership.

Representing Yourself

Leadership starts with you—your values, integrity, and personal style. It's about making choices that align with your ethics, communicating authentically, and leading by example to earn trust.

Representing Your People

Great leaders listen. Supporting your team means hearing their concerns, standing up for their needs, and creating a space where they feel valued, motivated, and empowered to succeed.

Representing Your Organisation

When you represent your organisation, you're its voice and face. It's about aligning with its mission, sharing its vision, and making decisions that move the business forward—ethically and responsibly.

Striking the Balance

The toughest part of leadership is balancing competing needs—yours, your teams, and your organisations. It's about making fair, thoughtful choices while staying true to your values.

NATA Leadership Courses

Our leadership training is here to help you master these roles—giving you practical skills to lead with confidence, empower your team, and create meaningful change.



Our next virtual course is on
2 & 3 April

Leading Teams (2 days)

(Formerly Leading in the Laboratory)

Gain self-awareness, define your leadership style and values, enhance communication, and develop the skills to effectively manage priorities, adapt leadership approaches, and foster team growth.

BOOK NOW



Our next virtual course is on
9 & 10 April

Managing Performance (2 days)

Learn to manage organisational goals through strategic planning, facilitate team meetings, track performance, and enhance both team and individual effectiveness through coaching, feedback, and formal performance management.

BOOK NOW

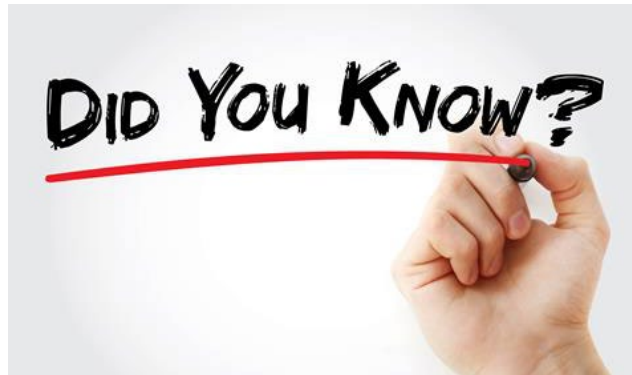


Our next virtual program is on
23 June to 11 August


**NEW Leading Teams & Managing
Performance Program
(8 weeks 2.5-hour sessions per
week)**

This virtual program combines the course content from our two leadership courses in a flexible and comprehensive learning experience.

BOOK NOW



The term *carat*, used in jewellery measurement, originates from the word *carob* as carob seeds were used as standardised weights in ancient Mediterranean trading. This was one of the earliest forms of measurement standardisation.

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