

• **7-8/10 3rd ALIA Top End Symposium Technology, *Visions or Nightmares: True Stories in the Territory***. Charles Darwin University, Palmerston Campus. Come along and hear from some of those who have had dreams, nightmares and visions of failed technology projects but also have many triumphs to share and be proud of. Contact: Dianne Wilcox, ph 08 8988 2723, diwilcox@austarnet.com.au

• **23/11 Top End. Tour: Northern Territory Open College**, Chrisp Street, Rapid Creek, 5:00pm. General meeting: Asian Gateway Thai Restaurant, 58 Aralia Road, Nightcliff, 6:00pm. Contact: Jaysree Mamtara, ph 08 8946 7881, jaysree.mamtara@cdu.edu.au

## QLD

• **14/7 ALIA Quorum. NER\*D — HERDSA 2005**. Conference participants will talk about the key themes and ideas from the conference. Further details will be published on the ALIA QLD e-list closer to the date. Contact: Joy Goldsmith, ph 0410 723 975, joy\_goldsmith@hotmail.com

• **24/7 CQ New Graduates Group. Picnic at the Botanical Gardens**. Join the CQ New Graduates Group in Rockhampton for a picnic and meet and greet at the majestic Botanical Gardens. RSVP to: Kate Watson, ph 07 4930 6829, k.watson@cqu.edu.au

• **26/7 Qld OPAL. General meeting**. Due to the closure of ANTA, our venue has been changed. Susan Oag has kindly offered to host this meeting. Crime and Misconduct Commission, Level 3, Terrica Place, 140 Creek Street (Cnr Adelaide and Creek Streets), Brisbane, 5:00pm. Contact: Susan Oag, ph 07 3360 6360, susan.oag@cmc.qld.gov.au

• **1/9 ALIA Quorum. NER\*D — International Conferences 2005**. Participants of the IFLA, ALA and Engaging Communities conferences will talk about the key themes and ideas from the conferences. Further details will be published on the ALIA QLD e-list closer to the date. Contact: Joy Goldsmith, ph 0410 723 975, joy\_goldsmith@hotmail.com

• **28/9 Qld OPAL. General meeting**. Host: Kerri Nixon, Resource Options. Venue/time: to be advised. Contact: Kerri Nixon, ph 07 3391 3499, info@resource-options.com.au

• **29/9 ALIA Quorum. NER\*D — neXt 2005 (Lib Techs)**. Participants of the neXt conference will talk about the key themes and ideas from the conference. Further details will be published to the ALIA QLD e-list closer to the date. Contact: Joy Goldsmith, ph 0410 723 975, joy\_goldsmith@hotmail.com

**20/10 Australian Copyright Council. 3 sessions**. Introduction to copyright \$70; Libraries: text and images \$100; Libraries: internet and digital licensing \$100. Presented by experienced ACC lawyers; meet the people you speak to on our hotline! Contact: Customer service, ph 02 9699 3247, info@copyright.org.au, <http://www.copyright.org.au>

**21/10 Australian Copyright Council. 2 sessions**. Governments: using copyright material \$100; Managing government-owned copyright \$80. For people working in organisations that are part of State, Territory or Commonwealth Governments. Contact: Customer service, ph 02 9699 3247, info@copyright.org.au, <http://www.copyright.org.au/training/>

• **1/11 2006 planning meeting** *Representatives of all the ALIA Queensland groups are invited to meet together and plan events for 2006*. Further details will be published to the ALIA QLD e-list closer to the date. Contact: Joy Goldsmith, ph 0410 723 975, joy\_goldsmith@hotmail.com

• **3/11 Qld OPAL. General meeting**. Hosted by Susan Nelles — Red Cross. Venue/time: to be advised. Contact: Susan Nelles, snelles@arcbs.redcross.org.au

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# How to be a relaxed overachiever

Geraldine Barkworth, principal of Bold Women Big Ideas

**H**ow can you be a 'relaxed overachiever'? An oxymoron, you might say. Well, it's not really.

Overachievers often do not know how to relax. They strive and strive, but somebody keeps moving the goalposts. If they can just go fast enough, if they could just fit more into their day, if they could just be more perfect or more worthy, and if they could just let go of their adrenaline addiction, then maybe they could learn to relax.

I'm not saying that it's bad to be an overachiever. But it is bad to burn yourself out. Many of our brightest are overachievers. The thing is, they do more and more and do it so well, but when do they stop? What makes their head stop spinning when they lie sleepless in bed at night?

Are you the kind of library and information professional who is on the path to burnout? What are the signs? Well, there is exhaustion at the end of the day, and sometimes at the start of the day. There's working back late every night because you couldn't say 'no' and, besides, just one more task off your list will make the next day easier, won't it? There is rushed or non-existent meals, there's tension, resentment, troubled sleep and a 'bad dude' attitude building. There's no time for you, and life seems pretty joyless.

Burning out and drying up is *not* your only option.

I see three major benefits in learning to relax in our demanding, fast-paced world. Firstly, there is awareness of entrainment, or getting caught up in rhythms around you. Working

with your own rhythm allows you to manage your self, energy and resources effectively, and succeed without all of the struggle. Seek quality of life, not quantity. Find the pace at which you operate best and it will bring out the best in you.

Secondly, by stopping to smell the flowers, you will see opportunities to make your life more meaningful — opportunities that you may otherwise have missed because you were too busy being busy. Many workplaces generate never-ending pressure. If you struggle to keep up, an unspoken implication is that you are failing to meet standards. Whose standards? The goalposts just keep moving. By allowing yourself breathing space, you can gain clarity, perspective, focus and humour, and sleep well at night!

And thirdly, valuing and building relaxation into your daily life will increase the likelihood of you not only living to a ripe old age, but to a healthy and happy, ripe old age.

I have this image of two old dears — my husband and I — sitting on the verandah together holding hands and watching each sunset. I hope that you can join us!

**Geraldine Barkworth, principal of Bold Women Big Ideas, used to work in libraries but now helps overachievers succeed without the struggle. She is running a five-teleconference program, How to Be a Relaxed Overachiever, August–December 2005. Available for individuals and institutions. Also available is a free subscription to her e-zine, Great Expectations for Library Professionals. To register or receive a brochure, phone 02 6685 1917 by 31 July or e-mail [geraldine@boldwomenbigideas.com.au](mailto:geraldine@boldwomenbigideas.com.au).**

## Socialising at neXt 2005

**T**he highlight event of any conference is the conference dinner. The *neXt 2005* conference committee is excited that the venue for this year's dinner is Dockside, where you can dine overlooking Cockle Bay Wharf and Darling Harbour, as well as dancing the night away to one of Sydney's premier dance bands 'Enormous Horns'. This will definitely be 'A Night to Remember'.

The *neXt 2005* cocktail party on Wednesday 7 September offers the opportunity for delegates, sponsors and exhibitors to celebrate 'communities coming together', with spectacular views of Darling Harbour, whilst savouring delicious food and drink, to the sounds of a string quartet.

After the cocktail party there are numerous restaurants, bars and pubs to choose from, where you can continue sharing stories and experiences with old and new friends. As well as Darling Harbour and Cockle Bay Wharf, visit the King Street Wharf, only a short walk away.

Darling Harbour is also close to Chinatown, the Spanish Quarter and Star City. A taxi-ride away are the sights and sounds of Oxford Street or the Rocks area.

A first-timers' dinner will be organised on Tuesday 6 September. Numbers are limited, so remember to indicate on your registration form if you are a first-timer. This will be a perfect opportunity to meet other delegates and develop new friendships.

And, of course, no conference is complete without farewell drinks. Join the *neXt 2005* conference committee as we celebrate the outstanding achievements of the previous days and say farewell to friends and colleagues.

The *neXt 2005* conference committee looks forward to welcoming you to Sydney in September.

**Clare Bristow, conference program, neXt 2005 committee**

