

# On coaching for life...

**W**hen Ian Thorpe announced he was changing his swimming coach it made newspaper headlines. Most elite athletes would not consider preparing for serious competition without the guidance of a coach. What do they know about the value of expert help in shaping careers that information professionals do not?

As the winner of a life coaching package at the New Librarian's Symposium in Brisbane last year I had the opportunity to experience coaching firsthand in my personal and professional life. Life coaching is a fairly new phenomenon and combines techniques of business mentoring, self-development and sports coaching, using specialised listening, encouragement, dialogue, personal growth exercises and personal development techniques.

I worked with Geraldine Barkworth, an experienced life coach who has a background in the library and information industry. Her insight into my career aspirations was very relevant, but it was her insight into the other aspects of my life — relationships, habits, attitudes and characteristics — that came as the greatest surprise. Life coaching provided a creative opportunity to work on the professional and personal goals that I chose as priorities.

A life coach won't leap into the pool and swim the laps for you, but they will help you define and refine your goals, maintain your enthusiasm, think your way through difficulties, design strategies to surmount challenges, keep you on track and make sure that you have fun along the way.



Mylee and Geraldine make it to the top of Sydney Harbour Bridge — will you reach your life goals?

My life-coaching journey climaxed in reaching the top of the Sydney Harbour Bridge — what is your dream?

**Mylee Joseph, Next Generation Policy Advisory Group and Children's and Youth Services (NSW) Group.**

## Building information literate communities

**T**o highlight the information literacy theme of 'Power your mind' for Library and Information Week, the ALIA Information Literacy Forum in conjunction with Adult Learning Australia launched an advocacy kit at the Brighton Library, Melbourne, on 13 May. The partnership between the Information Literacy Forum and Adult Learning Australia was part of developing the interim Coalition on Information Literacy to highlight the importance of libraries and learning.

About thirty people attended to hear Jan Simmons, speak about the role of the library in the Mt Evelyn Learning Community, then the kit was launched by Craig Anderson, chief executive officer and regional library manager at Yarra Plenty Regional Library Service.

A *library advocate's guide to building information literate communities* contains advice on communicating the importance of information literacy and planning an advocacy campaign and will be of value to librarians from all types of libraries, particularly public libraries starting to develop information literacy programs. The kit is available at <http://alia.org.au/advocacy/>.



Left to right: Prue Mercer, convenor ALIA Information Literacy Forum; Craig Anderson, chief executive officer and regional library manager Yarra Plenty Regional Library Service; Jan Simmons, Mt Evelyn Learning Community; and Karyn Siegmann, manager Bayside Library Service

## Congratulations

Congratulations to the following ALIA members who have had their dedicated service to the Association recognised by the award of an ALIA silver pin. For details on how to nominate for the award visit <http://members.alia.org.au>.

Ms Aranka Folino	Mrs Margaret Drury	Mrs Ruth McIntyre	Mrs Roxanne Missingham
Mr Lothar Retzlaff	Ms Jane Edinger	Ms Cheryl Hamill	Ms Averill Edwards
Ms Kerry Smith	Ms Bobbie Bruce	Ms Elizabeth Clary	Mr Warren Horton
Ms Janice McCahon	Mrs Jeanette Hill	Miss Noelene Proud	Mr Kerry Webb
Ms Julie Zuvela	Mrs Trudy Parker	Mr Roger Horgan	Dr Peter Clayton
Ms Susan McKnight	Ms Camille Peters	Mrs Ronlynn Bale	Miss Janette Telford
Mrs Bonnie Rae Bruce	Mrs Pauline Sawyer	Mrs Gaynor Lovett	
Miss Lisa Kidd	Mrs Brigitte Glockner	Mrs Kathryn Steel	