

Mini Life Coaching at NLS 2

At NLS2 I was lucky enough to receive a complementary 30-minute life coaching session with Geraldine Barkworth, of *Bold Women : Big Ideas*. I wrote a few notes in advance about where I'm going and what I'd like to do, such as noting a typical day in the ideal library job. But our discussion turned out to be more about getting to the bottom of things. What is the very essence of what I would like to do? We uncovered a few things about my personal motivations, about how I would like to help people more, yet I also explained that I wonder how more confidence might come about in me as I grasp the idea of being a new graduate.

I believe having a program with a life coach would be very motivating, with topics to explore and exercises to get us thinking and considering goals to set. I enjoyed my session with Geraldine, who I could speak openly with, and she asks some soul-searching questions. Presently I want to take the time to do some reading up and learning more about hot topics of interest in our field. I was left with the impression that these life coaches know a lot about libraries and information agencies, get to know their clients, and would be very supportive, instilling a sense of can-do for them.

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