

# Career Sustainability: Striving for Boundless

by *Kate Bunker*  
*ALIA Director of Learning*



Australian Library and  
Information Association

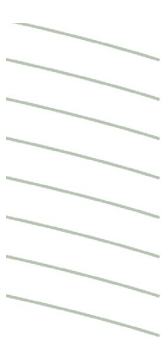
## Career sustainability: striving for boundless

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Director of Learning



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What do we mean by career sustainability?

### Career

- an occupation, profession, etc., followed as one's lifework.

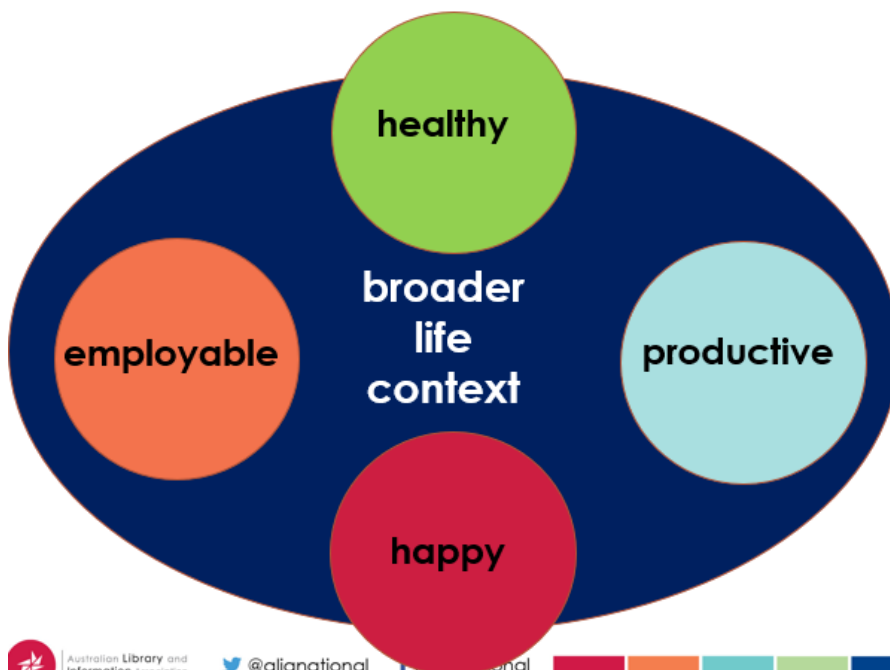
### Sustainability

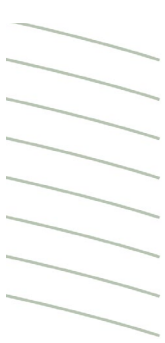
- the ability or capacity to continue operating perpetually.

A **sustainable career** is

'...a career in which employees remain **healthy**, **productive**, **happy** and **employable** throughout its course and that fits into their broader life context.'

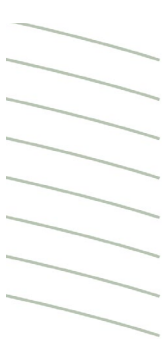
De Hauw & Greenhaus (2014)





## Know yourself



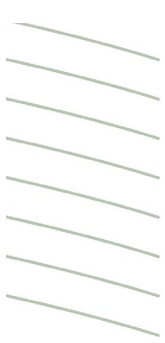


## Wellbeing



## Resilience



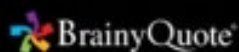


## Setting off on a journey



**Life can only be understood  
backwards; but it must be  
lived forwards.**

Soren Kierkegaard



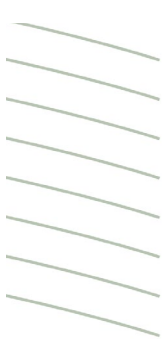


# Planning



# Networking



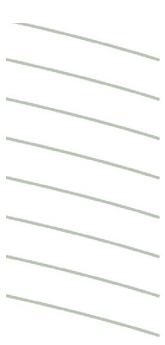


## Upgrade/refresh your skills



## Put your hand up





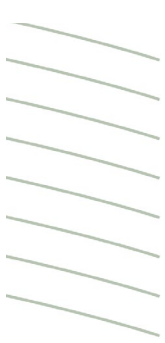
## Practitioner research



## Your career: the open door





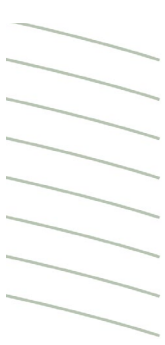


## Coming back after extended leave



## Carer



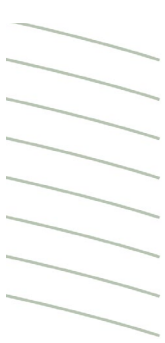


## Redundancy



## Burnout, stress



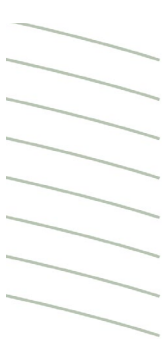


## Time out



## Holidays





## Work hours



## Know when to change jobs



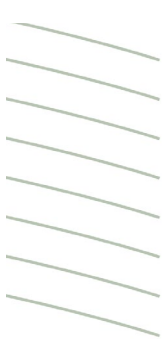


## Move



## Look outside of LIS?

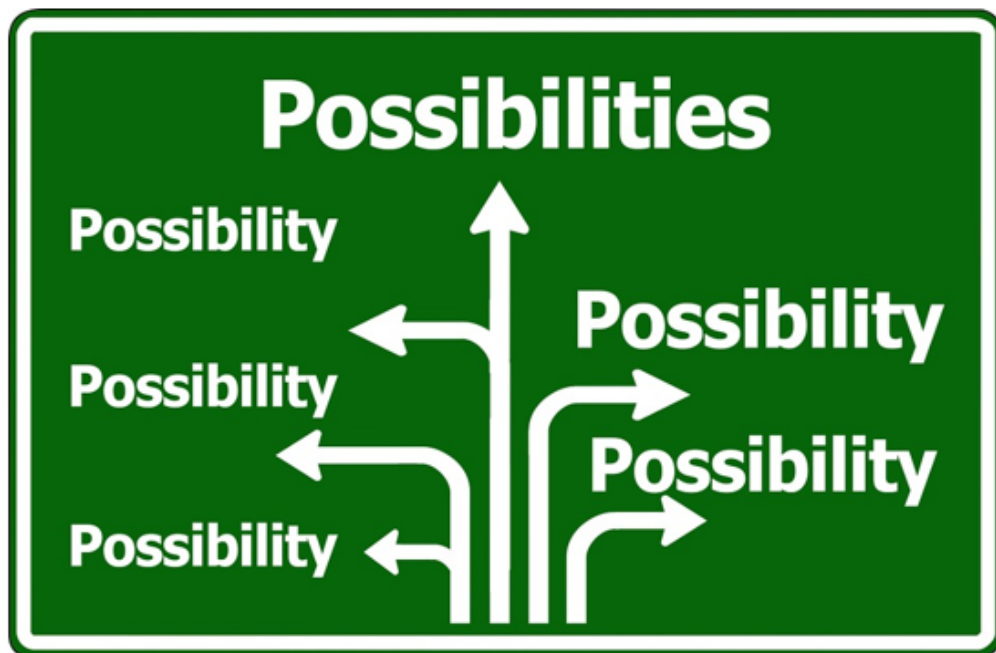


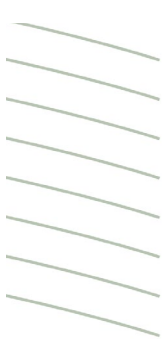


## Enjoy the moment



## Options





# Get involved

anztla

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## One easy action today... sign up for *ALIA Weekly*

The screenshot shows a website interface with several sections:

- News Feed:**
  - 09/06/19 Queen's Birthday Honours List 2019
  - 30/05/19 ALIA reports flags way ahead for libraries' engagement with Indigenous communities
  - 21/05/19 More than a third of our most borrowed books headed for La La Land
- WHAT'S NEW:**

ALIA is pleased to announce that the book for National Simultaneous Storytime 2020 is *ROBIE AND BILLY, COOLIE, DING* written and illustrated by Lucinda Gifford, published by Scholastic Australia.
- Thank you message:**

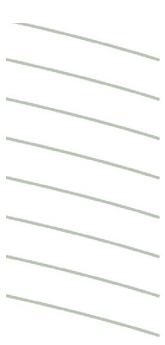
Thank you to everyone who supported our end-of-financial-year campaign. Your generosity means...

Embed View on Twitter
- NATIONAL 2020 CONFERENCE:**

Monday 4 to Thursday 7 May 2020  
International Convention Centre, Sydney
- booktopia:**

Sign up now!
- Navigation and Links:**
  - HYPO LOGIN
  - ALIA SHOP
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  - QUICK LINKS:
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    - WANT TO WORK IN LIBRARIES?
    - ACCREDITED COURSES
    - POLICIES AND GUIDELINES
  - Social media icons: Facebook, Twitter, Instagram, RSS

alia.org.au



Summary

**Know yourself**

**Be interested**

**wellbeing**

**resilience**

**have a plan**

know what's going on around you

**put your hand up**

**You are in the driver's seat**

thankyou

Contact me

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