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Session Summary

**Putting the “I” Back into Library**
valuing your own professional worth

Premise of the session: Librarians would benefit from valuing their professional selves better. We tend to take our skillset for granted. If you take away just one idea from this session, please make sure it is:

For others to perceive value in us (&what we bring),
We must first value ourselves (& what we bring)

Top 3 Myths that stop you putting more “I” back into Library

**1. If it’s easy, it doesn’t count**

Just because you can do something easily, naturally, or you love to do it, doesn’t mean it isn’t of high value to someone else. Usually the things we love and are good at, are THE most value to others. Don’t devalue your own skill because it feels like it’s easy for you to do.

**2. But they do it better**

Do they? Really? Or is that just the story you tell yourself?

If they do, well maybe you can learn from them and step up. OR, more likely, you are not giving yourself credit. You’ve heard that saying about “we can only see in others what we have in ourselves”. If you make a list of things you admire in a colleague….you may just find you also have those qualities!

**3. Appearance don’t count**

Talk, walk, act like you truly value your skillset. People will see that. It will pay off. Try it for one week: Turn up the volume on your positive speak, upright posture, and maybe even the way you dress. Exude the fact that you fully value all you bring. Report back here…tell us how it went…How you felt and how it affected those around you. Any surprises? Would love to know

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