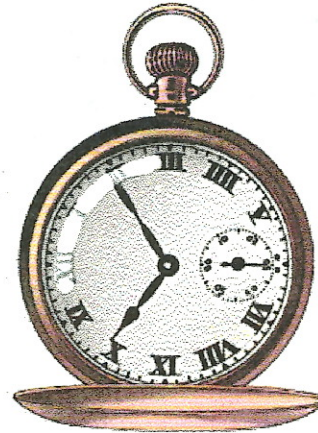


NETnews

St. Louis Regional Library Network
January 1999 Vol. 11 No. 6

EVERYONE IS GETTING CRABBIER

TIME FLIES BUT WHERE?



When: Tuesday, March 9, 1999

**Everyone is getting crabbiar (stress managemnet)
8:30 a.m. - 11:15 a.m.**

Time flies ... but where? (time management) 12:45 p.m. - 3:30 p.m.

Where: St. Louis Community College - Forest Park (5600 Oakland)

Who: Sandra Nelson

Sandra is an independent consultant and trainer, specializing in library planning and management issues, who has presented hundreds of training programs and presentations in over 30 states during the past two decades. She chaired the Public Library Association committee that developed the new PLA planning process. Sandra has co-authored two books on library planning.

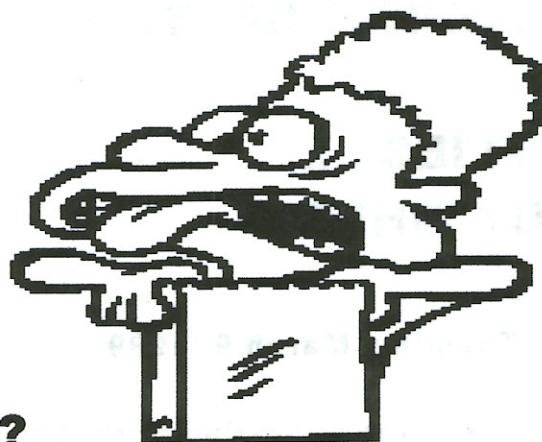
**Cost: \$20 for members for one workshop - \$30 for non-members for one
\$34 for members for both sessions - \$45 for non-members for both
(Lunch is on your own either in the school cafeteria or in nearby
restaurants)**

... **Description of workshops page 2.**

... **Registration form page 3.**

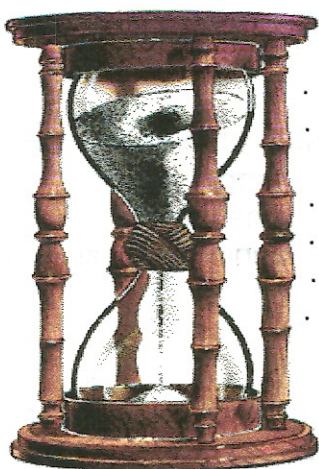
EVERYONE IS GETTING CRABBIER

The 90's have become the "Stressed Out Decade". Most of us are doing more with less at work and at home while juggling ever-increasing expectations from bosses, co-workers, family members, and friends. The world around us is changing more rapidly every day, leaving us to wonder and worry about what tomorrow will bring. As the demands increase and change accelerates, our stress levels grow. Everyone deals with stress a little differently, but we all find ourselves getting shorter tempered and more irritable. This workshop will explore some of the common causes of stress and help participants identify solutions that will work for them.



TIME FLIES...BUT WHERE?

We all have the same twenty-four hours every day so why can some people get so much more done than others? Participants in this workshop will learn to identify their own time management styles and how to work within those styles to become both more efficient and more effective. This workshop will help participants answer the following questions:



- . Where does the time go?
- . Who says this is the most important thing to do?
Prioritizing
- . Can't someone else do this? Delegating
- . Doesn't this happen every year? Planning
- . Can't you see I'm busy? Dealing with interruptions
- . Another *?%\$!! meeting? Finding alternatives to meetings

REGISTRATION

- _____ Stress Management (\$20 mem/\$30 non-mem)
- _____ Time Management (\$20 mem/\$30 non-mem)
- _____ Both (\$34 mem/ \$45 non-mem)

Name _____ FAX: _____

Library _____

REGISTRATION DEADLINE: MARCH 5, 1999

Map and directions will be FAXED with confirmation of registration (if you do not have a FAX registration confirmation will be mailed).

Send registration form and fee (check payable for SLRLN) to Bernyce Christiansen, SLRLN, 9425 Big Bend Blvd., St. Louis, MO 63119.

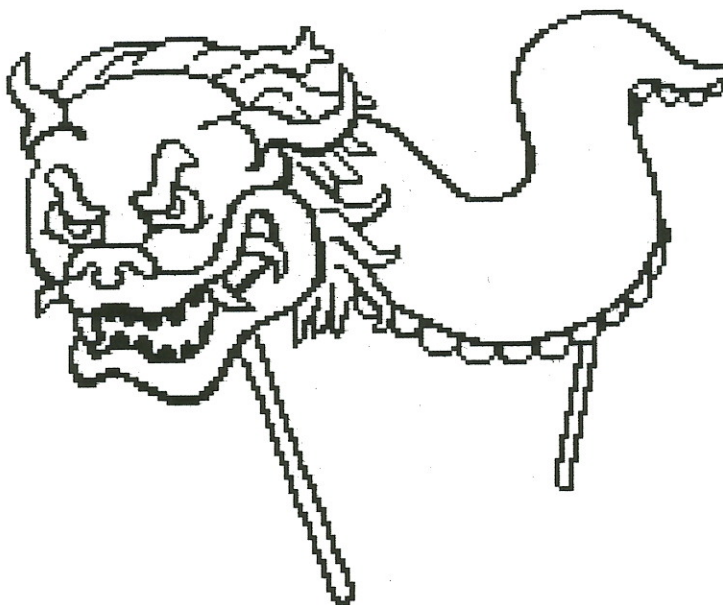
Librarians who must wait for checks to be processed mail your registration with a note check is to follow.

INFO-PASS UPDATE:

Parkway School District
OA: Barbara Noble, Carol
Kohnen

St. Charles Community
College
OA: Eve Diel

Maryville University
OA: Melissa Silvestre



St. Louis Regional Library Network

c/o Ursuline Academy Library

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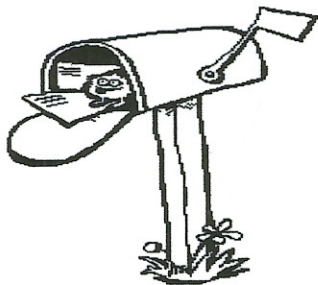
DATED MATERIAL

Bernyce Christiansen

SLRLN

9425 Big Bend

St. Louis, MO 63119



NETnews is published eight times a year by the St. Louis Regional Library Network to report on Network activities, meetings, and items of interest to the membership and the wider library community.

News, reviews and comments are welcome. Send information to B. Christiansen, 9425 Big Bend, St. Louis, Mo 63119.

A copy of Netnews is sent to each member. Nonmember subscriptions are \$30/year.