



Tips

Learn to say no – or, more precisely, learn when to say no.



Actions

Always be open to new ideas and never stop learning – it's a cliché but I believe it..



Events

<https://www.surrey.ac.uk/events/2024-0320-march-stargazing-night>



Resources

Listening to other people – tacit knowledge almost always trumps codified knowledge. It is one reason I try to attend the lunchtime research seminars as often as I can. But this also applies to everyday life.

SHTM Wellbeing Monthly



Prof Allan Williams

1. What does a rewarding day mean for you?

Keeping a balance between the different spheres of my life, while also ticking off at least one thing on my list of to-do jobs..

2. Your aspirations for SHTM

It's balance again – being a place where the quality of research matters more than quantity but also creating a supportive environment for all colleagues. These are not competing goals but complementary.

3. Your desert island music, food and company (and any stories/reasons behind your choice)

I think I will pass on the music, much as I like traditional folk and classical music. More important would be sitting down to dinner regularly with people I care for and respect. The food would be Mediterranean, especially Portuguese, Spanish and Italian: I often wonder whether I was born in the wrong country?

4. How would friends or family describe you

Despite my earlier advice to others, my wife says I have not learnt to say no often enough. She's probably right but none of us are perfect !



Prof Williams on holiday in Cornwall