

THE ARCHITECT

WORK / REST / PLAY



ten from ten

We asked ten architecture and associated professionals ten questions on WORK / REST / PLAY.



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Technology has broken down traditional boundaries of the office, and with that the delineation of work, rest and play. What have been the greatest gains you have seen from this change?

The greatest gain I have seen is the opportunity to work more fluidly. I can tailor the way I work to suit my family's needs. Being connected via technology gives me flexibility and autonomy.

And what have been the greatest losses?
The greatest loss would be the erosion of boundaries between work and private time.

Do you think the blurring of lines between work, rest and play leads to working smarter or working harder (or more)?
I think it depends on how it is managed. If managed well then you do work smarter, which can mean working harder when you need to and

then having periods of respite when the opportunity arises. To do this you need to set clear boundaries and manage expectations.

In what ways, if any, do rest and play affect your work?

Taking the time to rest and play gives me the space and time to be able to think strategically and see things in perspective. It refreshes my mind and gives me renewed energy for work.

Does your work affect your rest and play? If so, in what way?

My work does occasionally intrude into my private time, but the gain is that I am able to hit the ground running when I'm next in the office and work more effectively.

Some projects by their nature invite a level of playfulness. Do you bring play (or rest) into other more sober projects? If so, how?
I try to, through the use of colour, form, texture, light, and/or pattern.

When you're not working, how do you rest or play?

I spend most of my time with my two young daughters, and with family and friends. We are quite often at the beach or the park and we are serial birthday party attendees. Being in a creative industry, I am very much interested in the arts and so are my daughters. We like to check out live music, theatre, cafe fit-outs, new buildings and urban design spaces.

If you weren't working in your current profession, on what, how or where else would you like to work?

My four-year-old dreams of being a cowgirl, and you know what? I wouldn't mind joining her. It would be liberating to try something totally different!

The intermingling of work, rest and play - your greatest outrage?

It can be difficult to switch off and be present.

The intermingling of work, rest and play - your greatest delight?

Meaningful work is intrinsic to the fabric of my life. It gives me a sense of purpose and confidence which carries through to my private life.

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