



FINDING FULFILLING WORK



Scan to review worksheet

Expemo code:
1CSQ-M1L9-HX86



1

Warm up

In pairs, look at the pictures and discuss the following questions.



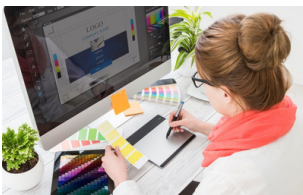
an actor



a scientist



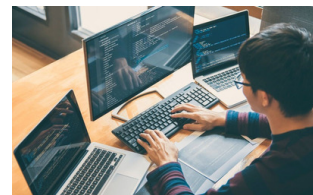
a sports person



a graphic designer



a lawyer



a computer programmer

1. Look at the photographs. Which of these jobs do you think people find the most desirable? Why?
2. Which of the above jobs would you personally be most interested in if you could do any type of job? Why?
3. When you were a child, what job did you want to do? Why did that appeal to you?
4. What advice would you give to someone who wanted to change their job or career?



2 Listening - Part 1

Read the extracts from Part 1 of the video and put them in the correct order 1 - 9. The first one is done for you.

and the word 'fulfilment' doesn't even appear. Nowadays, in a prosperous world, we don't only expect to obtain money through our labour, ____

Firstly, accept that being confused about careers is perfectly normal. In a pre-industrial world there were, at most, some 2,000 different trades out there; ____

helps to explain why so many of us have career crises, often on a Sunday evening as the Sun begins to set. ____

nowadays there are estimated to be half a million different options. The result: ____

The idea that work might be fulfilling, rather than just painfully necessary, is a strikingly recent invention. Open Dr. Johnson's celebrated dictionary, published in 1755, | ____

To help us on the quest for fulfilling work, here are six useful ideas: ____

we also, to a greater or lesser extent, expect to find meaning and satisfaction. It's a big ask and ____

we can become so anxious about making the wrong choice, we end up making no choice at all; psychologists call this 'the paradox of choice', paralysis stemming from too many options. ____

We should acknowledge that confusion is natural, and fear entirely normal, but let neither of these scupper our chances forever. ____



Now watch the first part of the video (00:00 - 01:10) to check your answers.

Find words or phrases in the introduction which mean the same as the following.

1. _____ (adv.) in a way that causes surprise or attracts special attention
2. _____ (n) the pleasurable sense of having completed or achieved something
3. _____ (adj.) making a lot of money
4. _____ (phrase) in some way
5. _____ (n) a journey, usually to look for something
6. _____ (n) a situation which is unusual because it has two opposite aspects
7. _____ (phr. verb) resulting from something
8. _____ (v) to make something fail



3 Listening comprehension - Part 2

Part A: First, read the following sentences and discuss the meaning of the words in bold with a partner.

1. I suddenly found myself in the **perilous** position of not having a job or any money.
2. To anyone else, she would have seemed fine. But I was able to **pick up on** her tone of voice and actions and knew that she was not.
3. My father always said, 'the most important thing is to **know yourself**'.
4. I wasn't sure what to think of my job interview. Their style was very **offbeat** and I couldn't work out what they wanted.
5. I don't see it as a job so much as a **calling**.
6. When I went to unplug my work computer, there were hundreds of cords behind my desk in a confused **tangle** and I wasn't sure where to start.
7. I ended up taking a job in finance, even though this wasn't one of my strongest **inclinations**.
8. For now, you need to **park any concerns** about what people will think of you, and do what's right for you.

Part B: Now complete the summary with the words and phrases from Part B.

The old philosophical advice to (1) _____ is especially relevant to careers. Many of us do not have (2) _____ to give us direction with our work, even though we may well have (3) _____ towards certain types of work, they aren't always obvious to us. This leaves us in a (4) _____ situation, as those who do know what they want to do have an advantage. We need to learn to (5) _____ the small indications of our desires while also (6) _____ over financial well-being, as this often overrides our passions. Start by writing down all the tasks you enjoy doing, and don't worry if it's quite (7) _____, and this will actually help. The result is likely to be a (8) _____ of ideas but it will be the beginning of something that you can analyse and organise over time.



Now watch the video (01:10 - 02:26) to check your answers.





4

Focus on vocabulary

Part A: Match the following words to their definitions.

- | | |
|---------------------------------|--|
| 1. <u>exploit</u> (v) | a. a difficult puzzle |
| 2. <u>conundrum</u> (n) | b. decided ahead of time by a god or unseen powers |
| 3. <u>self-indulgent</u> (adj.) | c. doing things that you like or are easy too often, in a negative way |
| 4. <u>timidity</u> (n) | d. the state of not being confident or socially outgoing |
| 5. <u>surmise</u> (v) | e. to come to a conclusion about something without necessarily having all the information about it |
| 6. <u>preordained</u> (adj.) | f. to crash into each other when two or more people or objects are following different paths |
| 7. <u>shadow</u> (v) | g. to follow someone in order to learn about the job that they do |
| 8. <u>collide</u> (v) | h. to use a situation to get as much out of it as is possible |

Part B: Now put the words from Part A into the correct gap of part 3 of the script on page 5. You may need to change the form of the word.



Watch the rest of the video (02:26 - 05:09) to check your answers.

In pairs, answer the following questions.

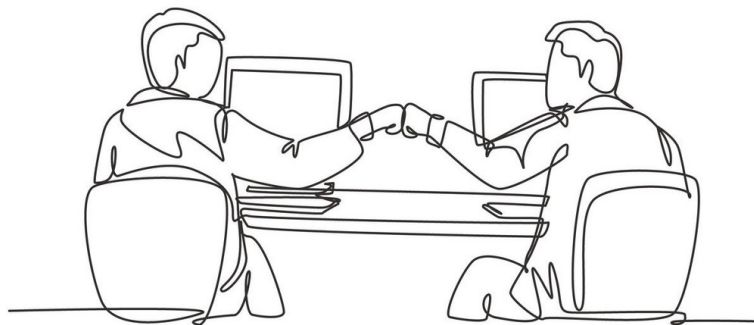
1. In what situation did you **collide** with something else? What happened and were you OK?
2. What was the last time that you were able to really **exploit** a business or a professional opportunity?
3. In what situations have you been quite **self-indulgent**?
4. What aspects of your life or your work do you find to be a real **conundrum**?
5. Is **timidity** something which is valued in your company or culture? Or not? Why?
6. In your company, is it common for new people to **shadow** more experienced people at the beginning of their jobs? Why/Why not?
7. In your job, do you sometimes have to **surmise** information? In what situations does this happen?
8. Are there any parts of your life that, on reflection, seem as though they were **preordained**? What were they? Explain your answer.



Finding fulfilling work

Part 3

1. Thirdly, think a lot. If it might take a couple of days, even a week, to choose a new car, it could, fairly, take a year or more of sustained daily reflection to start to identify a career that fits. We tend to feel guilty about this: imagining we're being (A) _____ - far from it; we may need to empty every weekend for months to sort out the biggest (B) _____ of our lives. To make sure we don't continue to spend the rest of our lives trapped in a job unwittingly chosen for us by our unknowing 16-year-old selves, we need to be properly generous about the amount of time we'll need to give this.
2. Fourthly, try something. It's tempting to imagine we'll be able to work out the shape of the workplace and of our own characters simply through pure process of reflection, but we need data, and we can only understand ourselves and others by (C) _____ with the real world, in the process getting to know both it and our own natures. We need to take small, non-irrevocable steps to gather information, for example, by: (D) _____, interning or volunteering. We mustn't think we always have to resign on Monday; we can investigate our futures through branching projects on the side of existing jobs.
3. Five, reflect on what makes people unhappy. Every successful business is at heart an attempt to solve someone else's problem; the bigger and more urgent problem, the greater the opportunity. To flex your entrepreneurial muscles, consider an average day and everything in it that might make someone unhappy: from losing the house keys, to finding the food a little greasy, to arguing yet again with their spouse. Each of these is a business opportunity waiting to be (E) _____; it's a chance for us to serve, which is what work really is. It's easy to imagine that everything's been done and tried - nonsense; we're unhappy enough for capitalism to have many more centuries of invention and creativity to it.
4. Six, be confident. So many bad self-help books are about confidence; it can be tempting to dismiss the whole topic as nonsense; but in a peculiar and rather humbling way, it really does seem as if the difference between success and failure is sometimes nothing less than the courage to give it a go. The ability to imagine oneself into a role, to (F) _____ one doesn't need to ask anyone for permission, that many of the top positions simply belong to those who dare to boldly ask for them. A lack of confidence is at heart a misunderstanding of the way the world works; it's an internalised feudalism which imagines that only certain people, but not oneself, have the right, (G) _____, to get certain things. It isn't true. As we know, a lot more is possible than we might think at our moments of (H) _____ and doubt. That's the start of the path towards a job we won't regret on our death beds, which should always be the ultimate criterion.





5 Reading comprehension

Complete the following sentences with one, two or three words from the script on page 5.

1. Identifying a suitable career may only happen after a period of _____ .
2. This is important, as otherwise, we may find ourselves in a career we can't leave, having _____ decided on it whilst we are just teenagers.
3. The fourth step is to try different things by volunteering, interning or shadowing others in order to _____ about what we are best suited to.
4. This process can be done in addition to _____ , and doesn't mean you should stop doing the job you don't enjoy immediately.
5. Business is at its best when it successfully can look at _____ , and find a way of fixing it.
6. Essentially, work is an opportunity for us _____ other people and make unhappy people happy.
7. Being successful can often be down to having the _____ to attempt something that you've not done before.
8. Believing that people other than yourself will get the job that you want can lead to a _____ , but it's not true. It's not the way the world works.

6 Talking point

In pairs, discuss the following questions.

1. If you were able to do a different type of job, what would you like to do? Why?
2. Did you think the advice in the video was useful or not? Why?
3. Have you ever made any attempt to find out about doing that particular job? Why/Why not?
4. What do you think are the main reasons in your country why people stay in jobs that they are not happy with?
5. Do you think that being fulfilled by your job is important, or are other things in life more important? What and why?



7

Extended activity/homework

Read the following question and write an answer.

Your nephew, who is 25 years old, has written to you. He is currently doing a job in a bank where he makes a lot of money, but is not fulfilled by his work. He has wanted to be a dancer for a long time and is very fit and healthy as he dances as a hobby. Write a personal letter to him to give him some advice on his situation. Use the following questions to help you plan your answer.

- What is your feeling about what your nephew wants to do?
- What do you think other people in your family will think about the situation?
- What do you think your nephew should do about the situation?
- What advice from the video do you think will help your nephew make a decision?
- What other advice would you give your nephew?

You should:

- Write at least 250 words
- Check your grammar, spelling and punctuation