

Meaning-Full Work

Meaning-Full Work is an engaging and participative workshop designed to help people recognise and boost the meaning they experience in their work. Meaningful work has many benefits for individuals and their organisations, yet it can be easy to lose sight of that purpose over time. This session helps reignite the existing meaningfulness and provides techniques to help people find further sources of meaning. Can be run in different formats from a 1-hour 'lunch and learn' to a half-day session, either in-person or online.



Example Meaning-Full Work content

(Actual content will be adapted for your specific organisational needs)

- The power of meaningful work for performance, engagement and wellbeing
- Exploring what can make work meaningful, and meaningless
- Identifying and re-connecting with current sources of meaning
- Noticing any meaning 'gaps'
- Job-crafting techniques to find new sources of meaning, and turbo-charge existing ones
- The potential 'dark sides' of meaningful work
- Actionable techniques to bring more meaningfulness into team discussions and ways of working

Typical Meaning-Full Work outcomes

- Participants have a deeper understanding of what makes their work meaningful, and why
- Feel equipped and empowered to use simple techniques to boost meaningfulness
- Feel more motivated and engaged
- Experience greater job satisfaction
- Understand what makes work meaningful for colleagues, and how the team can work together to increase collective meaningfulness

"I've always liked to think that I've found my work very meaningful in the main, but I realise now that I'd started to take that sense of purpose for granted. I'm excited to be able to re-connect with my sense of meaning at work, in the little ways and the big ways!"

"Meaningful work is a fascinating topic, and this webinar gave me plenty of insights and suggestions into how I can boost meaningfulness, bot for myself and for my team."

Jess has over 15 years' experience of leading large teams and complex organisational change across the Civil Service, education and private sectors. She is a professional leadership coach, accredited by the International Coaching Federation, with significant experience in 1:1 and group coaching, and training and development. Jess also has a MSc in Applied Positive Psychology (the science of wellbeing), including research into meaningful work.

To design your session, connect with Jess via:

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