

BOOST YOUR JOB SATISFACTION

Hans Schumann's top tips on how to improve your working life

I am always surprised to hear how many Londoners don't like their jobs. They may love the money, the security and the status that come with it, but somehow they resent their job and feel stuck in an environment that does not inspire them. Often they feel low on energy, bored, overwhelmed or even burnt out. They may even have resigned themselves to a belief that this is just what life is like. If that's you, then it's time to wake up. Life is too short to waste in a job you do not enjoy.

Finding a purpose

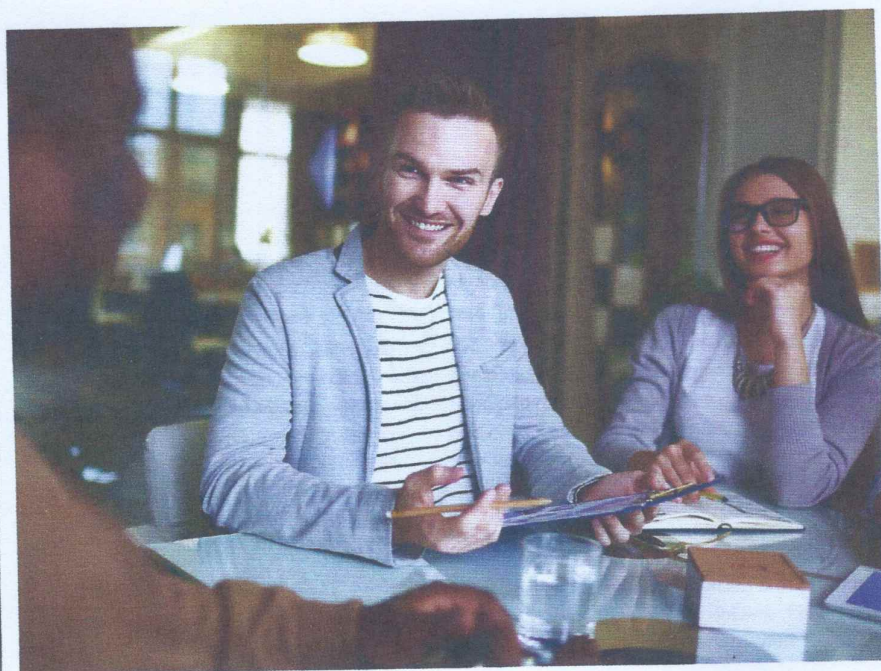
Part of feeling inspired about your job is a sense that it contributes to your own purpose in life. Establish what is most important to you and then explore how your career can support you on your own chosen mission in life.

Challenges yourself

Even if you love what you do, you can become bored or disillusioned if your day-to-day work fails to inspire you. Make sure that your job continues to stretch you. Not so much as to overwhelm you, but enough to help you learn, grow and move closer to your life goals.

Time to recharge

Look after your wellbeing. In the long term



you won't serve anybody by burning yourself out. The quality of your work will suffer, you may have to take sick leave, and you may become short-tempered and lack energy to engage with the people you love. Make time to relax and recharge. Meditation and physical exercise are great for this.

Your personal brand

Try seeing yourself as a one-person business within the company you work for. Build a personal brand by finding your specialisation and becoming an expert in it. Display and make best use of your values and core strengths. Take pride and ownership in serving external and internal customers.

Be valued

We love to contribute value and deserve to be recognised for it. If you feel you are undervalued, let your manager know. Staying in an environment where you are not valued could indicate a victim mentality or lack of self-appreciation. If things don't change, look for alternative positions.

Master time

Good time management skills can help you feel more in control over your day and increase your satisfaction with your

productivity. Be clear about your own priorities, tackle the most important jobs first and reduce distractions such as emails and social media.

Have fun

Life is about balance. Even if you have the job of your dreams, it will only be one of many parts of your life that need to be satisfied. Make sure that you have fun at work and outside of work - with your colleagues, friends, family and on your own.

Over to you...

You are the master of your life. Stop now and schedule some time in your diary to work through the above list, either on your own or with the help of a coach, who will be able to take you much deeper into these issues than you can go alone. ■



■ Hans Schumann is a career and life coach and author of the book "Falling in Love with your job - How to create more fulfillment and excitement in your career" which is available on Amazon. For more information go to www.hansschumann.com or www.LoveYourJobBook.com.