"No one on his deathbed ever said, 'I wish I had spent more time at the office.'"

Paul Tsongas (1941 – 1997), American politician

1. Job Satisfaction Discussion

1. What gives you the most satisfaction in a job? Does your current job give you this satisfaction?
2. What would make your job more satisfying?
3. Does job satisfaction increase or decrease as you move up the career ladder?
4. Do you think younger or older workers have more job satisfaction?
5. Does working from home increase or decrease job satisfaction?
6. What kind of technological improvements would increase your job satisfaction?
7. How often do you work more hours than you are contracted to? Why does this happen? How does it make you feel? Have you ever missed an important social event because of work?
8. To what extent should workers remain loyal to the company they work for?

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2. Job Satisfaction Vocabulary

- **work-life balance** (noun) – *the distribution of time spent at work and personal time.*
- **pace of life** (noun) – *the speed at which events or changes happen in life.*
- **rat race** (noun) – *the endless, self-defeating, pointless, repetitive, stressful, fast paced life of the modern world in which people compete with each other for power and money.*
- **to take time off** (verb) – *to take a holiday/vacation away from work.*
- **all work and no play (makes jack a dull boy)** (proverb) – *without time off work to enjoy yourself, you become bored and boring.*
- **flexitime** (noun) – *a scheme offered by companies to their staff that allows them to work their contracted hours at the times that best suit them.*

Using the vocabulary words above, complete the following sentences (remember to use the correct form of the word, e.g. verb conjugation or plural noun)

1. Why don't you come out with us for a drink tonight? _____ is no way to live.
2. The best thing about _____ is that it allows you to avoid the stressful morning and afternoon rush hours.
3. We moved away from the city to the countryside to find a slower _____.
4. In today's fast paced business world, many people dream of escaping the _____ by starting a business aligned with their passions.
5. I have far too much work to even think about _____ work.
6. The extra time that I have saved by working from home and not travelling to work every day has really helped to improve my _____.

Job Satisfaction vocabulary comprehension questions

1. Do you feel you have a good work-life balance?
2. Do you prefer a fast or slow pace of life? Why?
3. Do you feel like you have been caught in a rat race?
4. When you take time off work, do you return relaxed?
5. Do you know anyone affected by all work and no play? Why does this happen to people?
6. Can flexible working help achieve a healthy work-life balance?

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3. Video: Work-Life Balance

You are going to watch a TED Talk by Nigel Marsh called "How to make work-life balance work."

Watch the video here: https://yourenglishpal.com/blog/business-english-conversation-lesson-plan-job-satisfaction/

Watch the video and after, discuss the following questions:

1. Which careers are fundamentally incompatible with a good work-life balance?
2. Can flexitime and dress-down Fridays help work-life balance, or do they just mask the real problems?
3. Why did the speaker say that too many people work long hours in jobs they hate to buy things they don't need to impress people they don't like?
4. How would you describe your perfect day?
5. Can you rely on companies to give you a healthy work-life balance? Do company's really care about the work-life balance of their staff? How does your company help (or hinder) your work-life balance?
6. What small change could you make to your daily life to improve your work-life balance?

4. Job Satisfaction Survey

1. Do you know what is expected of you at work?
2. What do you do best at work? Do you have the opportunity to do this every day?
3. When was the last time one of your bosses praised your work? Do you think you receive enough praise for your work?
4. Do you feel like your boss cares about you as a person? Is this an important characteristic for a boss, or is this not their responsibility?
5. Who are the people who encourage you the most at work? What do they do to encourage you?
6. Do you feel like your opinions count at work? How does this make you feel?
7. Do you feel that what you do at work makes a difference?
8. What makes you feel proud about the company you work for?

5. Job Satisfaction Writing Task

Write an email to the HR team of your company suggesting various ways the company could improve the work-life balance of the staff.