



JOB SATISFACTION

“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?

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?