

Finding Your Purpose at Work

GoSkills online course syllabus

Skill level

Beginner

Lessons

19

Accredited by

CPD

Pre-requisites

No prior experience needed

Video duration

1h 7m

Instructor

Alexandra Cole

Introduction

1 Introduction

Are you settling for work that feels unfulfilling and uninspiring? It's not just you.

The Purpose Predicament

2 Purpose, demystified

It can feel tough to understand what purpose actually is because there are so many different ways to explain it.

3 Purpose by numbers

Studies have linked a greater sense of purpose in life to numerous benefits, including increased productivity and improved health indicators.

4 Common purpose blockers

There are several obstacles you might encounter as you look to establish and maintain the feeling of purpose.

Finding Your Sweet Spot

5 Sweet spot framework

Articulating your personal purpose means finding the "sweet spot" where several factors intersect.

6 Recognizing passions

Passion and purpose can sometimes be used interchangeably, but it's important to differentiate between the two.

7 Leveraging strengths

It can be challenging to recognize or talk about your own strengths.

8

Potential for impact

The secret to purpose is applying your passion and strengths to a worthy cause.

Job Crafting

9

Understanding job crafting

Job crafting allows you to align your daily responsibilities with your sweet spot.

10

Craft your purposeful job

It's time to reimagine your current role to better align with your sweet spot.

11

Purposeful time management

If you're struggling to craft your dream job, it may be because you're looking for more fulfillment with your time.

Making It Happen

12

Navigating hard conversations

Job crafting may require having some difficult conversations with loved ones and your superiors or managers.

13

Purposeful job search

In some cases, you may determine that your current role is so misaligned that it's time to explore other opportunities.

14

The next best step

Making big changes in life can often feel overwhelming and intimidating.

Extra Credit

15

The gift of gratitude

The benefits of gratitude are many-fold, but it can instantly provide more purpose to one's day.

16

The power of play

While this course is about work, play is essential for accessing your creativity and re-connecting you to your purpose.

17 **Declutter your space**
A cluttered work environment can easily lead to a cluttered mind.

18 **Reframe your perspective**
A simple substitution of words in a sentence can dramatically change the way you approach a task or responsibility at work.

In Conclusion

19 **Conclusion**
One of the best ways to ensure you reach your purpose goals is to create a plan.

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