

# Am I Having Any Fun Yet?

## *Finding Meaning in Work*

*People will be just about as happy as they let themselves.*  
- Abraham Lincoln

In today's high-pressured, changing world, organizations are continually trying to stretch resources for greater efficiencies. Employees and managers alike feel a sense of depersonalization and demoralization. Deal with the struggle of slumping morale and depleted energy by learning how to bring meaning, wholeness and satisfaction to work and personal life by understanding the complex factors that sap individuals of enthusiasm and productivity. Learn what to do to regain enthusiasm and meaning in work.

## Benefits

- Upon completion of this program, participants will be able to
- Understand and manage the continuous impact of change
  - Define personal values
  - Recognize how personal values fit within an organization's needs
  - Use skills to regain enthusiasm and energy
  - Define new ways to find meaning in work

## Topics

### **IMPACT OF CHANGE IN WORKPLACE**

- What creates meaning in work
- Personal values vs. organizational values and needs

### **FINDING MEANING IN WORK AND LIFE**

- Maximum contribution vs. maximum satisfaction
- Developing a personal mission statement
- Action steps to creative work
- Workplace motivators
- Develop a sense of meaningfulness

### **SELF ASSESSMENT**

- Defining personal values
- Recognizing your personal vision
- Defining a personal mission statement

### **TOOLS FOR FUN AT WORK**

- Same environment/co-workers . . . new perspective
- 12 steps to fun

## Formats

Formats include one-day, half-day and one-hour sessions. All formats provide participants with the tools for regenerating their enthusiasm and energy for work. The one-day format allows time for developing a personal mission statement and charting objectives.

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