

# Keynote Outline:

## Fulfilling work – Oxymoron or Choice?

### Delivery Format

Live online or live in-person.

### Who Should Attend

General.

### Duration

1 hour.

### Keynote Aim

Writer Annie Dillard famously said, “How we spend our days is, of course, how we spend our lives.” For many of us, a large portion of our days is spent at work; in fact, the average person will spend 90,000 hours, or roughly one third of our life at work over a lifetime. It’s safe to say that our quality of life is greatly impacted by how much we enjoy and find fulfilment in our work.

So is fulfilling work an oxymoron or is it really a choice? Is it truly possible for someone to find and create passion through what they do especially during a time of tremendous change and uncertainty? Can the strategies of thought and behaviours of people who seem to find so much fulfilment through what they do be modelled? This inspiring talk will provide answers to these questions and leave you feeling uplifted and empowered to experience greater joy through your vocation.

### Benefits of Attending

Participants from this keynote will benefit from the following:

- Leave feeling inspired and energized
- Discover new perspectives about their role and changes that are occurring in the workplace that empower them with greater positivity and optimism

### What it Covers

Participants from this workshop will benefit from the following:

- Success versus fulfilment
- How fulfilment affects your productive, performance and outcomes
- Job versus career versus vocation
- How to turn your job into your vocation
- Connecting with your higher purpose

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