

Authenticity at Work: Doing What You Love, Loving What You Do

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Our work occupies a significant portion of our time in daily life, plays a key role in how we define and identify ourselves, and shapes our life stories. Not surprisingly, our experiences at work have a major impact on our wellbeing and fulfillment in our personal lives as well. But we all have different perspectives towards our work - for some of us it is just a job, for others it is a career, and for some it is a calling. Seeing our work as a calling entails a sense of meaningfulness, purpose and authenticity that has a profound impact on our level of engagement, passion and satisfaction at work.

Research suggests that most people tend to periodically reflect on and question what they do in their work lives. These questions are usually variations of “what is it that I really want to do in my (work) life”? We will explore what it means to have authenticity at work and the factors that help one find his/her calling. My objective for this session is to have participants leave with a richer appreciation of their own work lives, a vocabulary for giving voice and shape to their own questions and observations, and a framework to guide their reflection about their work in the years to come.