

Achieving Job Satisfaction

Length: 1/2 Day

Summary: Are you getting as much satisfaction out of your job as you should? This course will help you determine your level of satisfaction and then it will assist you in making positive changes to increase both your satisfaction level and quality of work.

COURSE CONTENT

ACCEPTING THE CHALLENGE

- What Is Job Satisfaction?
- Are Workers Getting Job Satisfaction?
- Live Up to Your Potential

THE PSYCHOLOGY OF JOB SATISFACTION

- Job Satisfaction Scale
- Rating Your Sources of Job Satisfaction
- Employee Job Satisfaction Norms
- Management Job Satisfaction Norms

MORE THAN JUST A JOB

- The Sources of Satisfaction
- Case Study: Casual Days
- Case Study: All or Nothing
- Empower Yourself

ATTITUDE TRAPS

- Which Trap Are You Caught In?

EXERCISES TO CLOSE THE GAP

- Exercise 1: Workshop Guide
- Exercise 2: Job Satisfaction Assessment
- Exercise 3: 15 Questions
- A Self-Improvement Plan