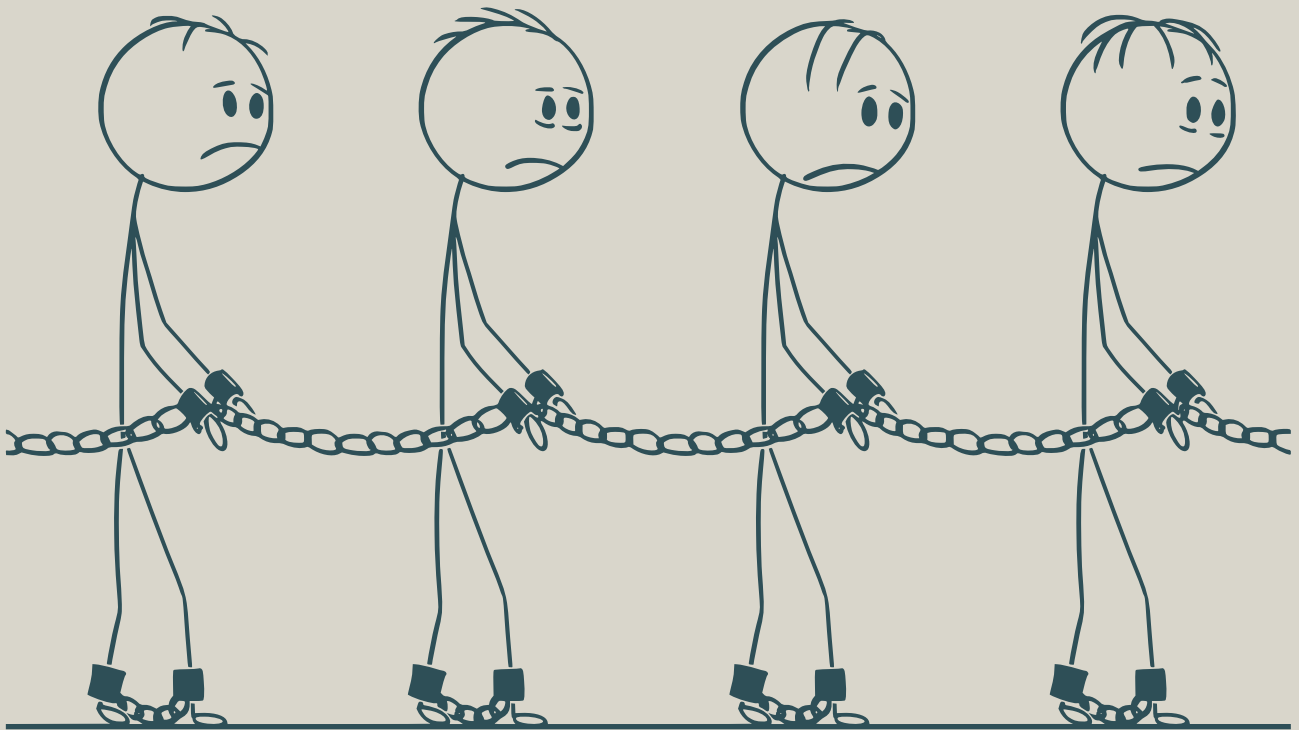


how to feel free at work →

like I did, what if you're chasing the wrong thing too...



illustrations by Zdenek Sasek

Kate Sotsenko
Productivity Training & Coaching



#thegoodbusy
thegoodbusy.com

a few numbers



85% of people are
unhappy in their job

Gallup survey 2022



a few numbers



in 2023, global average life expectancy is **73 years**

Macrotrends.net



a few numbers



an average person spends
10.2 years of their life at
work

Medium.com



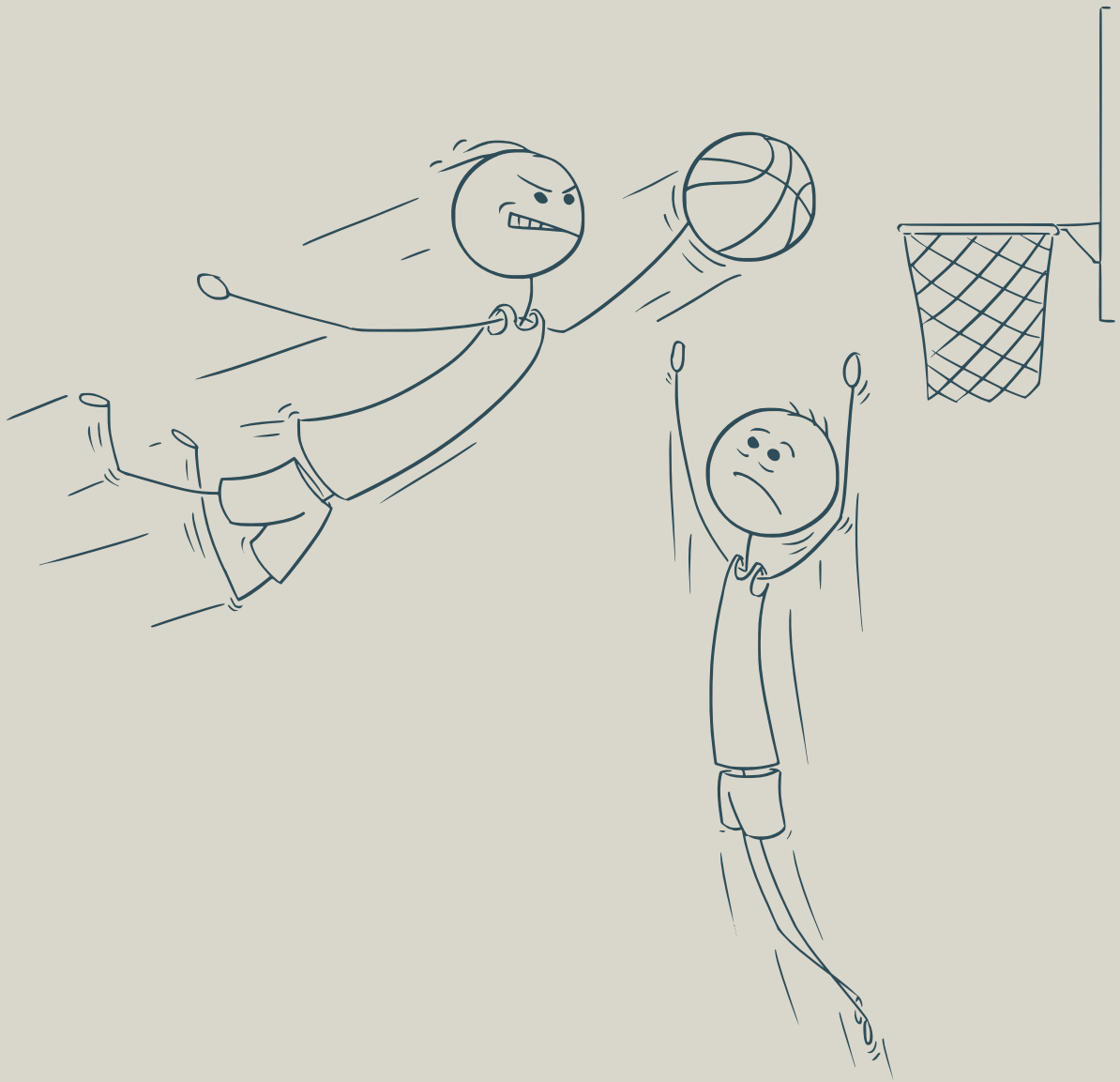
we spend **14%** of our
life at work, and **86%**
outside of work



why do we hate work so much



but...
we love watching
others work



after winning 2023 NBA Finals Most Valuable Player Award



it's great, yes, but I have a bunch of things I like doing beyond **my job...**

Nikola Jokic, Denver Nuggets center



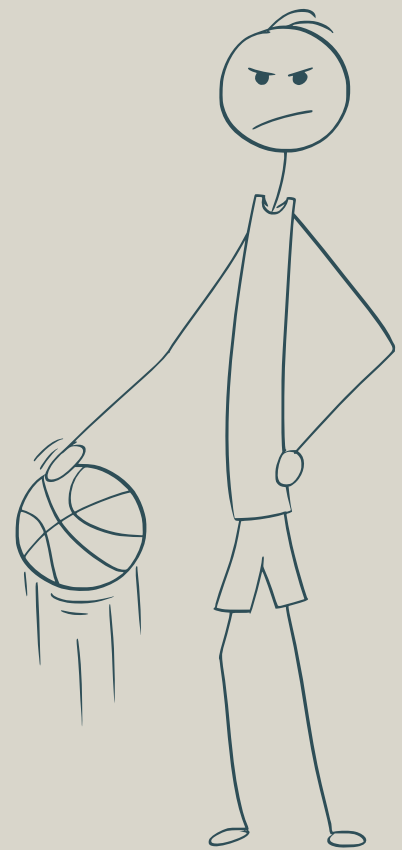
the why

basketball game

entertainment
for you



work
for him



conclusion

we all work



the why



what most leaders **think...**

work



discipline



what most leaders **think...**

discipline

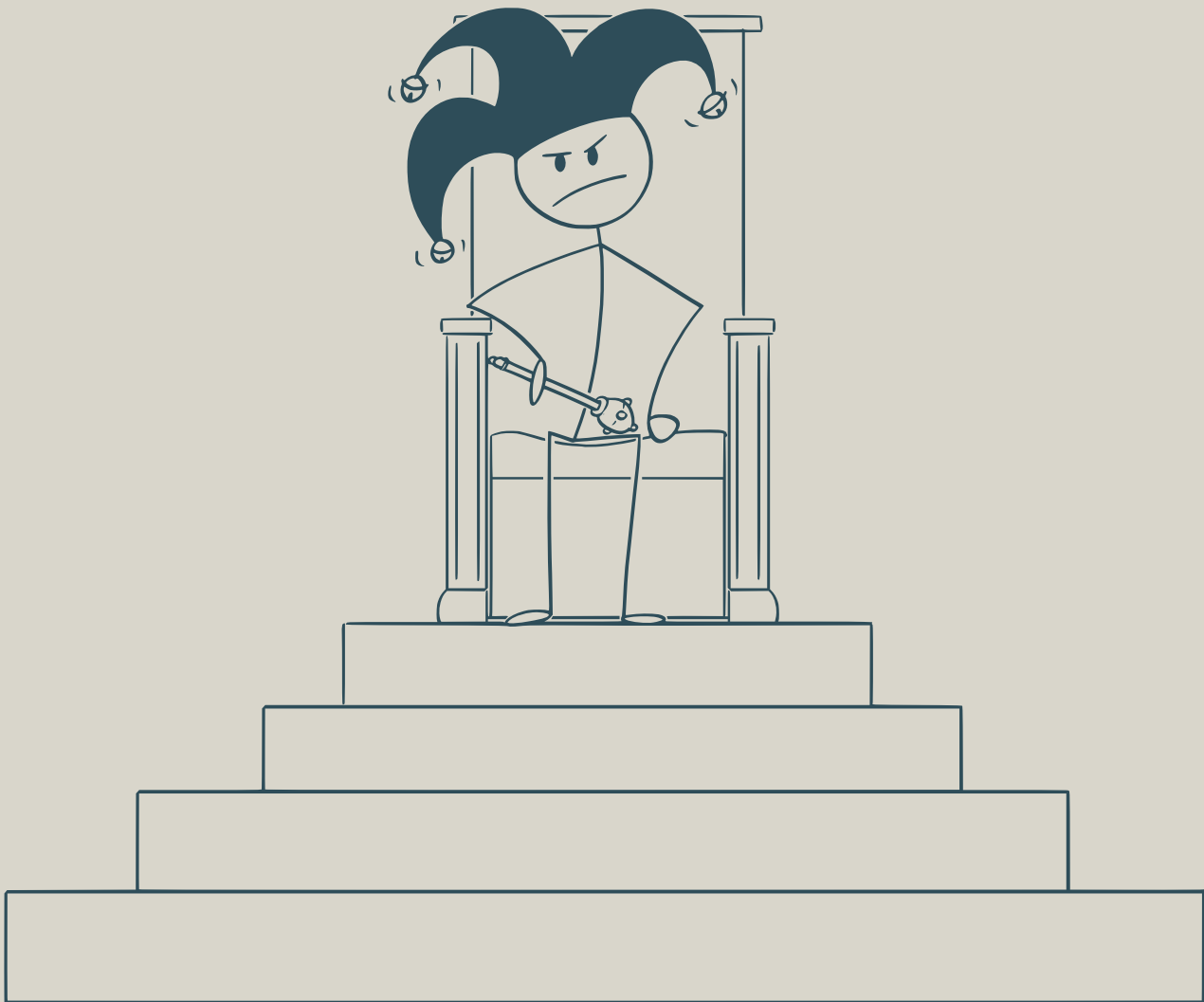


rules

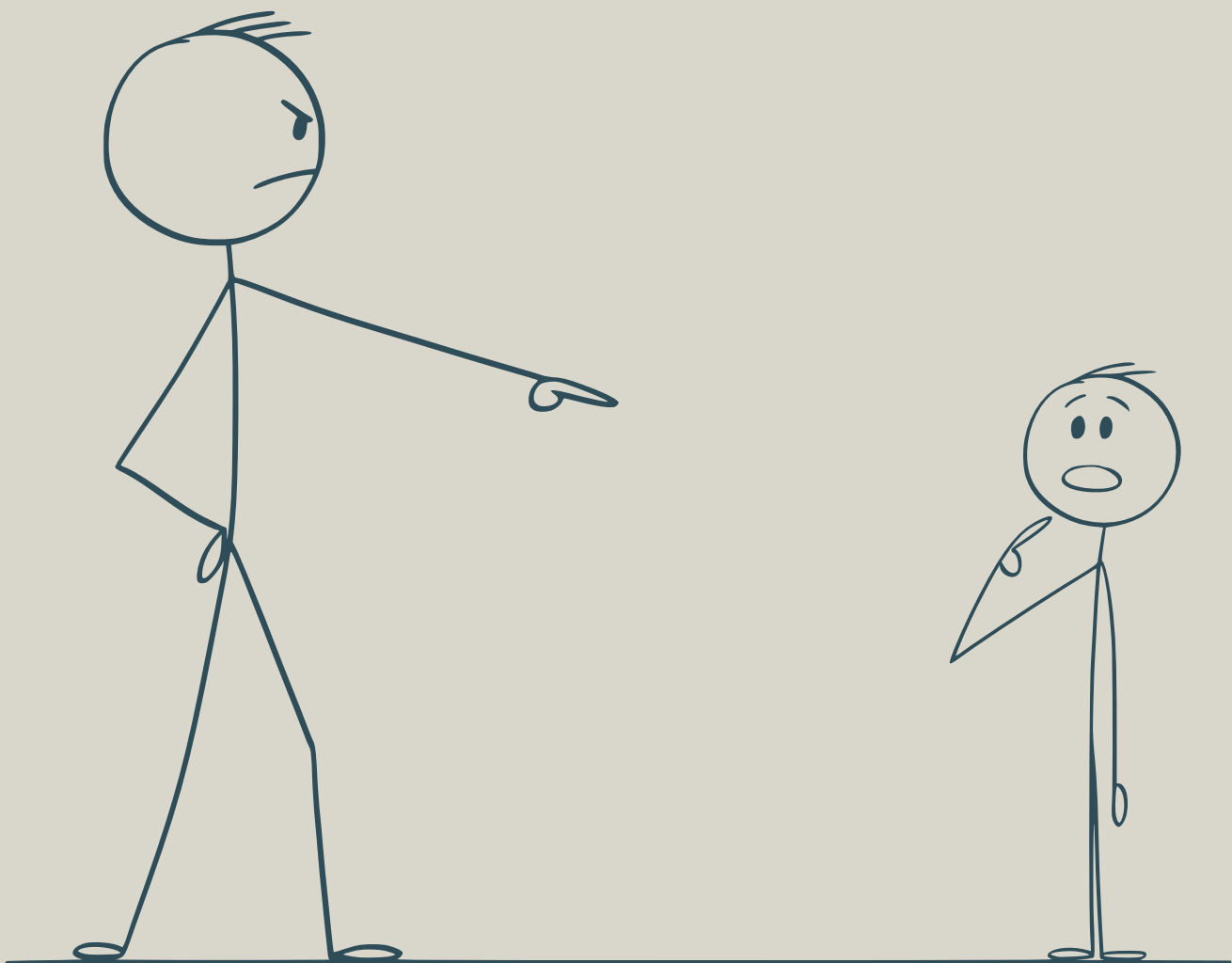


discipline

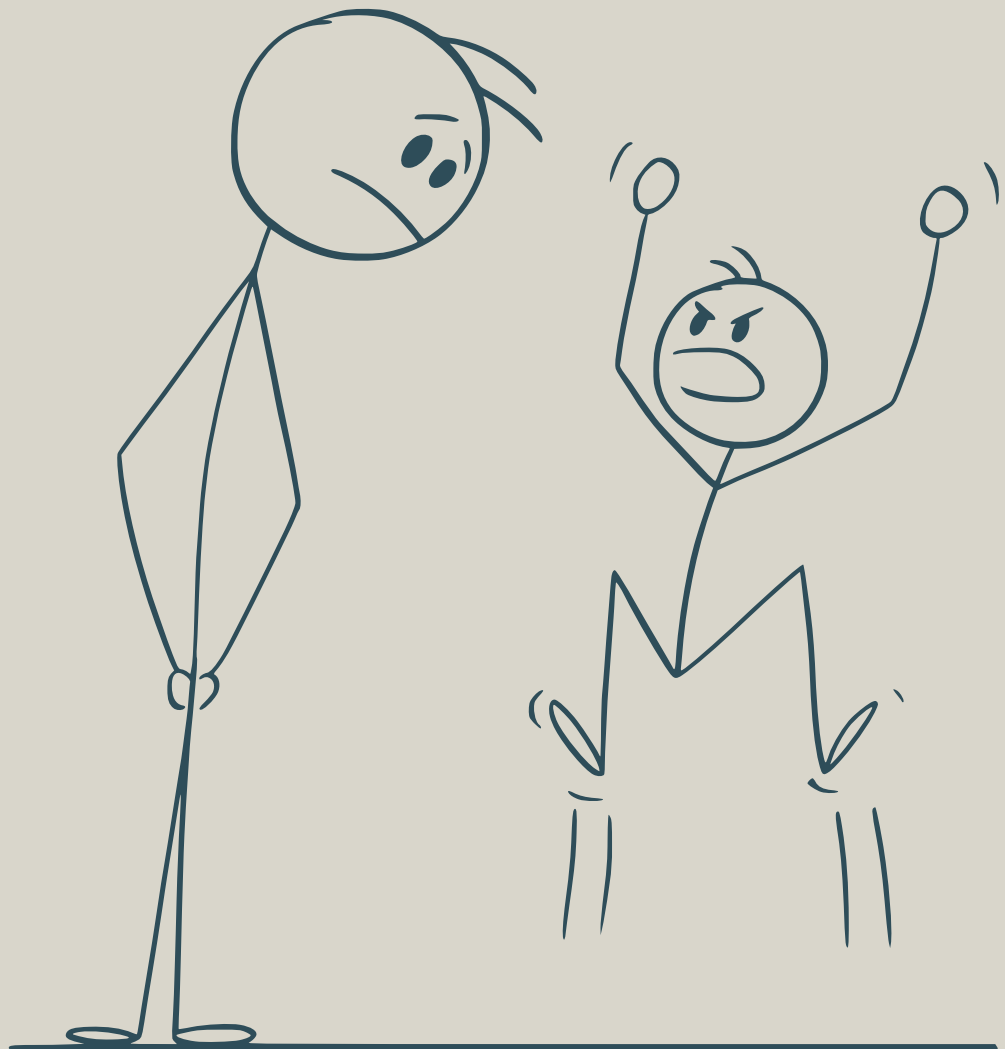
obeying a set of rules in order
to avoid a punishment



rules remind us being disciplined as a child



so we rebel



the how



what athletes **think...**

work



discipline



what athletes **think...**

discipline



code of behaviour

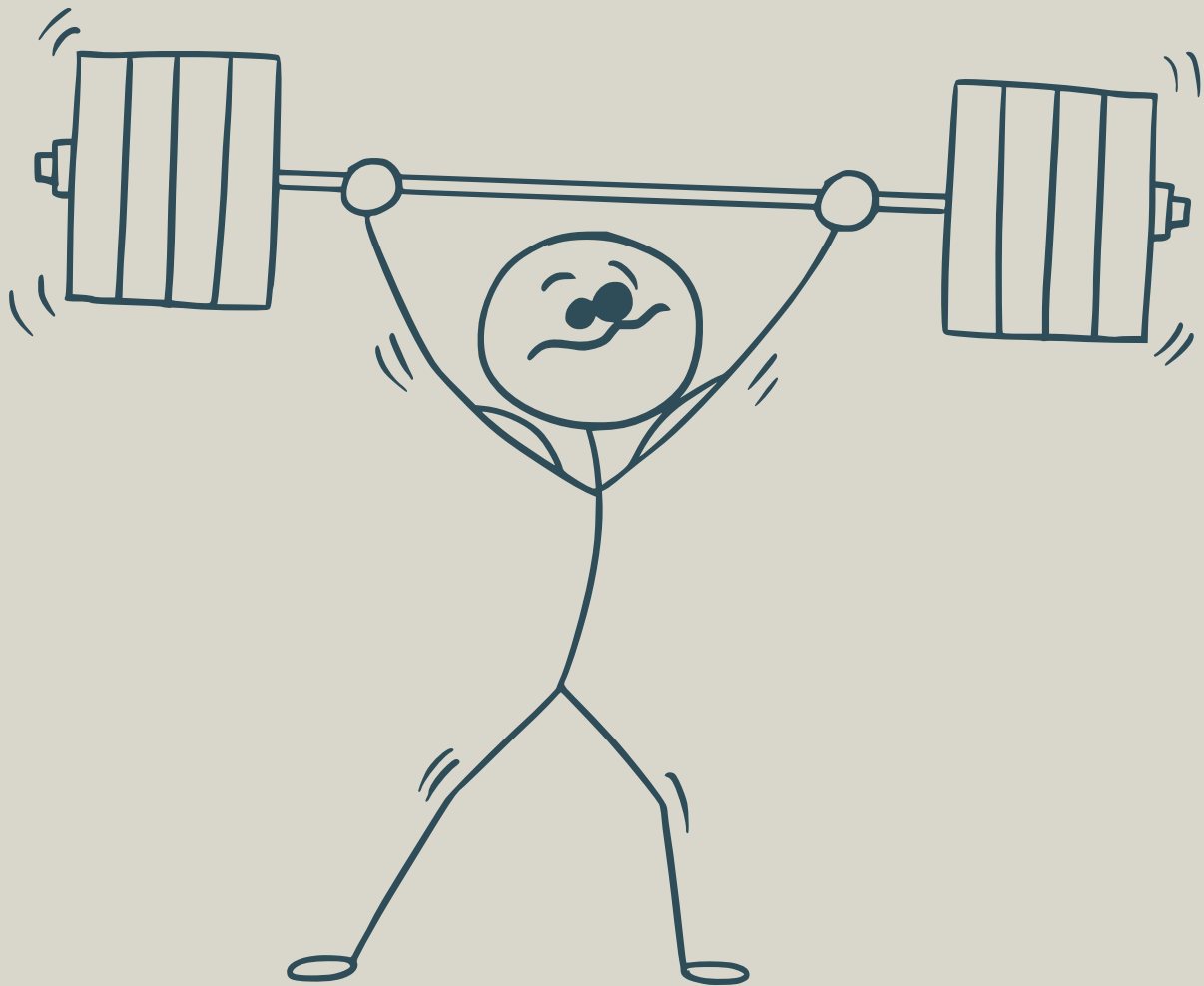


discipline

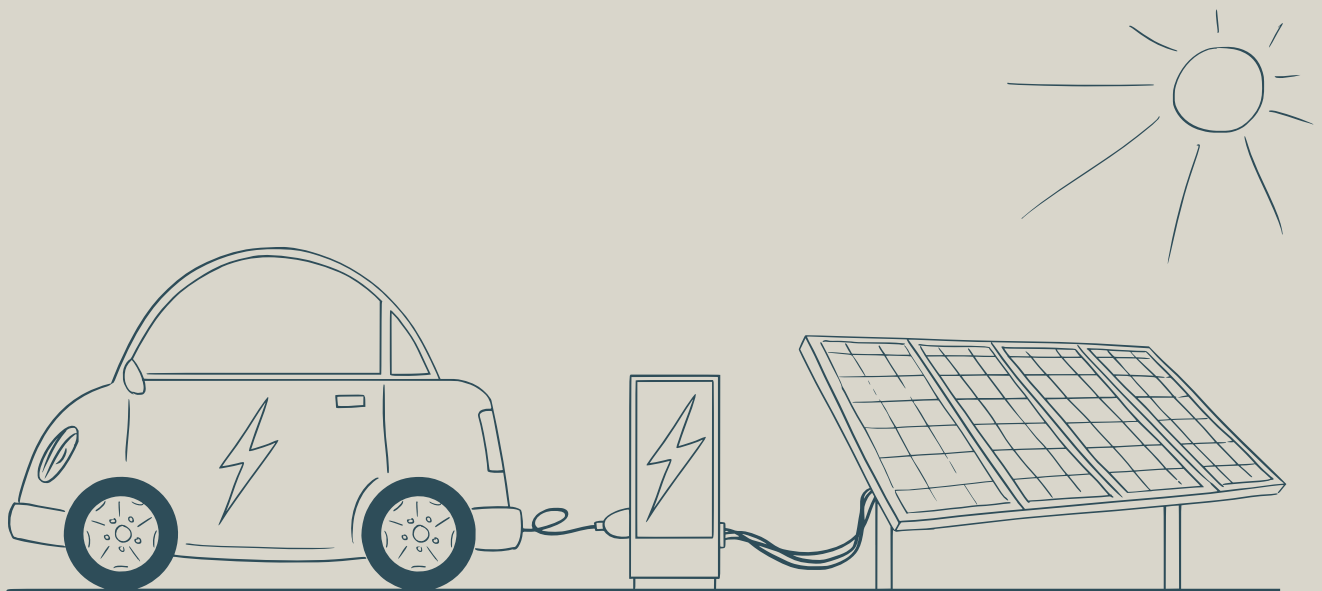
following a code of behaviour to
gain mastery in a subject



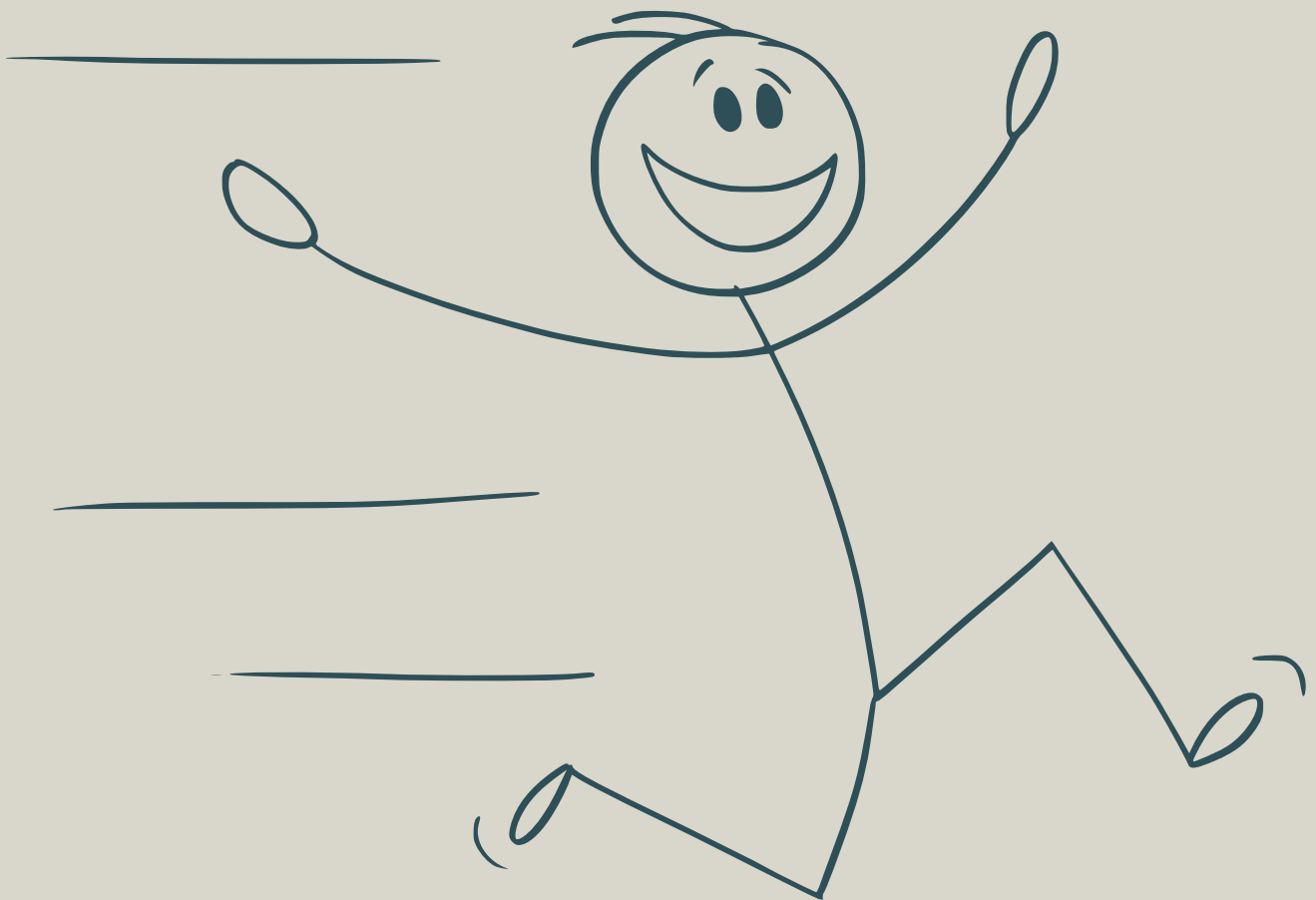
code of behaviour makes us successful



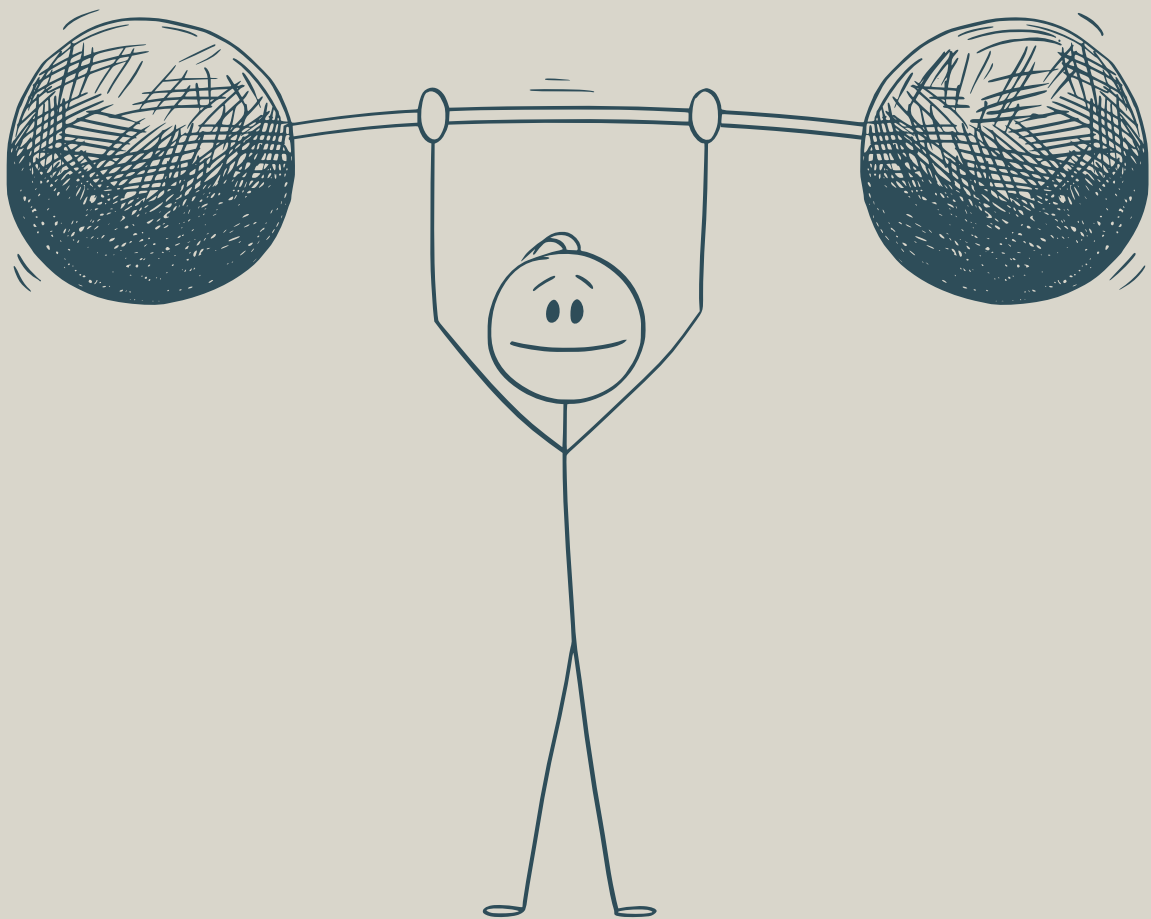
success gives us energy



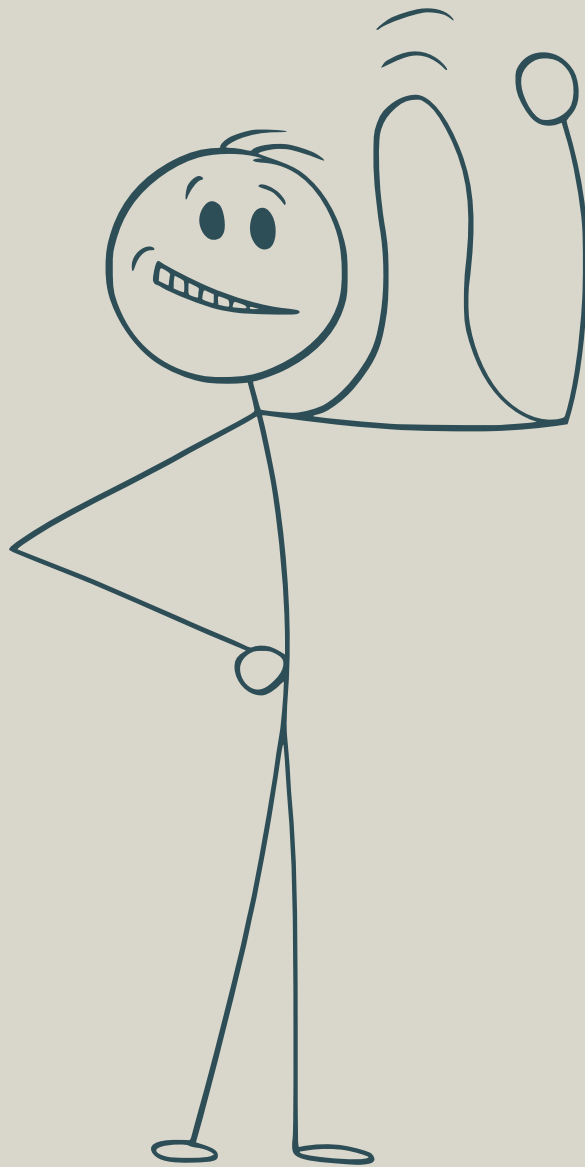
energy makes us happy



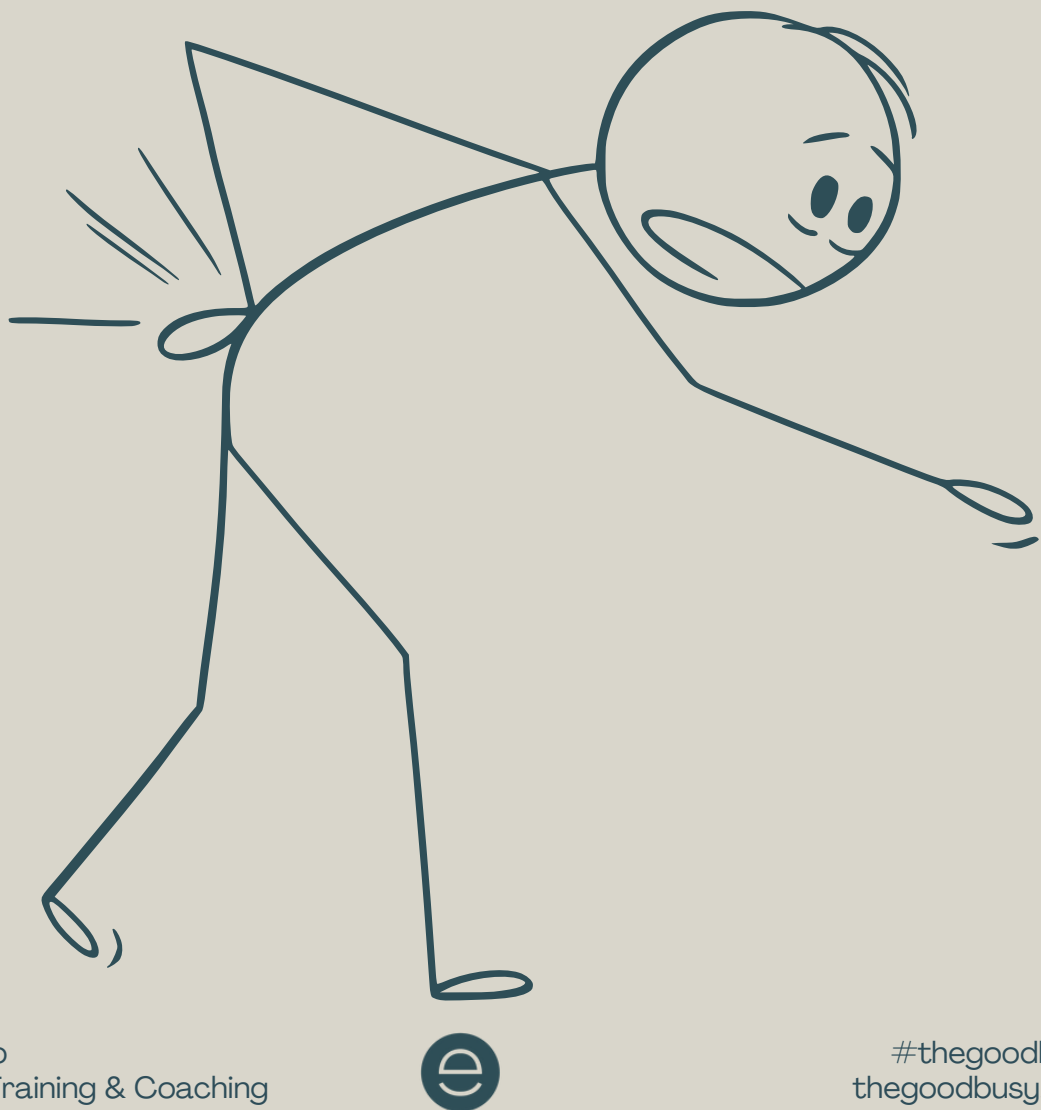
so we learn to enjoy
the process



we learn this is part
of the process



and this is part
of the process



the what



the what

studies found people
who are happy at work
enjoy what they do and
feel pride in their work



the what

instead of draining
energy, work gives
them energy



the what

we feel energy when
we enjoy what we're
learning at work



from Latin

discipline

✓ disciplus = instruction

✓ disciplina = knowledge

✓ disciple = student



what to do next

take time to reflect

01 do I **enjoy** being a leader*

02 what gives me **energy** at work

03 how do I give **energy** at work

04 what makes me feel **proud** at work

05 five years from now, what's one thing I want to feel **proud** of at work

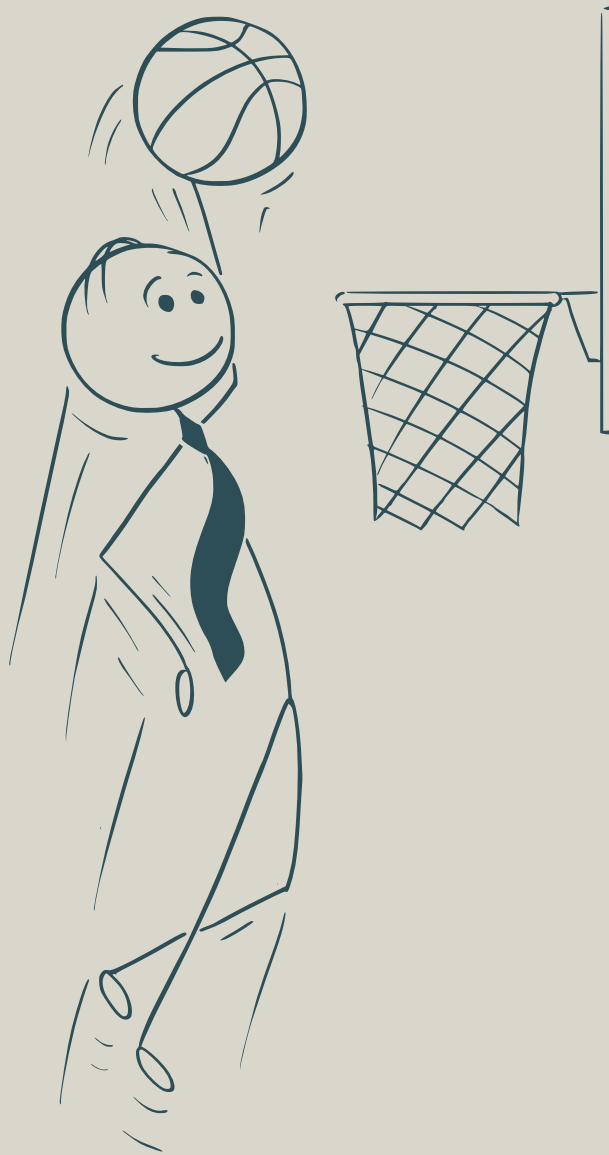
*if it's a no...here is the answer why you might not like your work



the result

good busy:

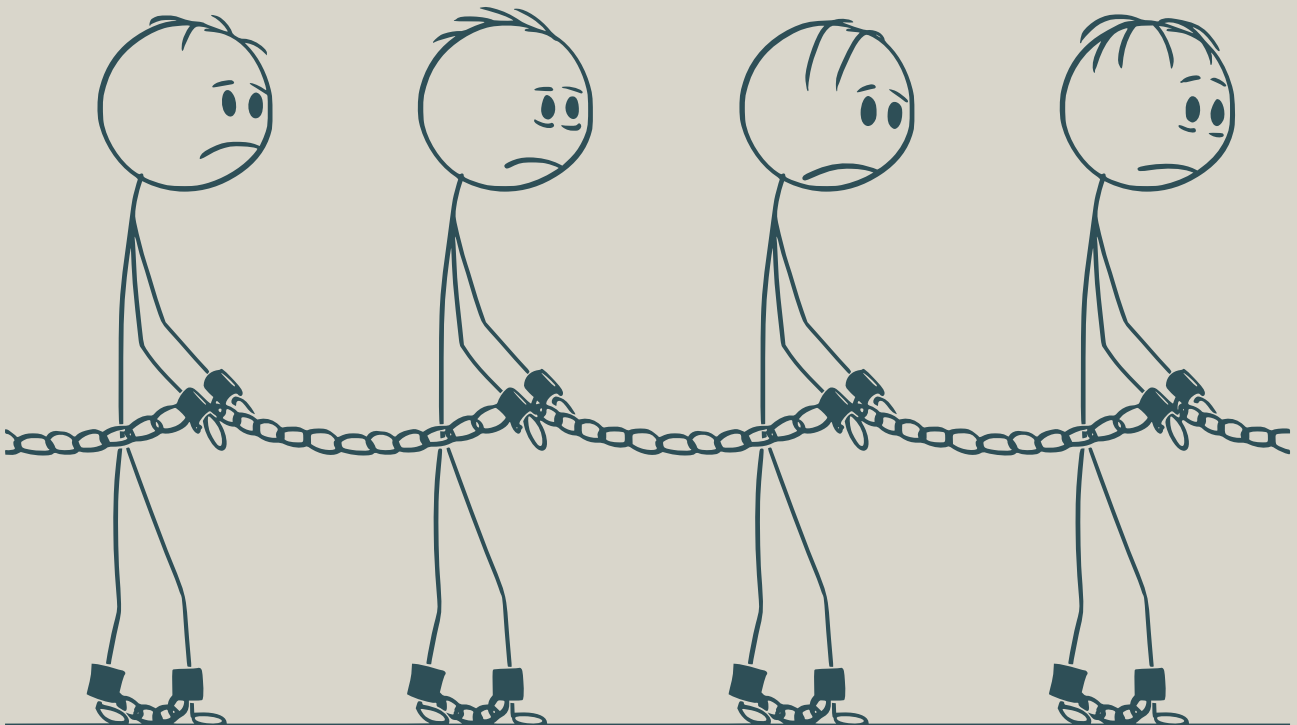
getting busy with what gives us energy and makes us proud



the alternative

bad busy:

feeling angry and enslaved
because someone invented work



wisdom of the day



if people knew how hard I
worked to get my mastery,
it wouldn't seem so
wonderful after all

Michelangelo



PS: repost if this is useful 



curious for more?

Hi, I'm Kate

Chasing energy taught me how to enjoy work. Sharing it with you.

What do I do?

I optimize and reclaim time for busy team leaders.



Kate Sotsenko
#thegoodbusy