

# teams@work.



EVERYDAY IS BRING YOURSELF TO WORK DAY!

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## HOW TO CREATE A CAREER YOU LOVE



LinkedIn Learning

## LEAD WITH LOVE IN BUSINESS & LIFE



## FIND THE RHYTHM BETWEEN WORK & LIFE



### ***Doing the Work You Love and Loving the Work You Do***

Scroll through LinkedIn or read a few blogs and you'll see volume layoffs in some industries, while other organizations like TCU are recruiting to fill vacancies. As an employer, TCU recognizes that purpose and meaning (plus spirited Horned Frog love) drive many people to choose to work here. To nurture this love and keep employees engaged, it's important for managers/leaders to thoughtfully link the jobs people do with how they get to do that job and how they *feel* as a contributor at TCU. Turnover often decreases when employees operate with a strong sense of connection, resilience and you guessed it, love.

Love may seem strong in this context, but people's affinity for their work can and should reach this level, and when it does, amazing things happen.

***To attract and retain the best people, we must redesign jobs around a simple but powerful concept: love for the content of the work itself.***

There's a win-win for everyone: employees that love their work are more productive, AND productive employees are more likely to love the work they do. It's quite a simple equation! When you enjoy your work and find happiness and fulfillment, you become more productive because your mind is happy and relaxed.

Regardless of your role, this quote from Steve Jobs, co-founder of Apple, could be a worthy mantra to adopt: "Your work is going to fill a large part of your life, and the only way to be truly satisfied is to do what you believe is great work. And the only way to do great work is to love what you do."

## TALK ABOUT IT

Use weekly check-ins between managers and employees to build trust. This week focus on this particular topic, by asking:

- What did you love about last week?
- What did you find most challenging?
- What are your priorities this coming week?
- How can I best help?

# DO MORE GREAT WORK. YOUR HAPPINESS DEPENDS ON IT

## So *how* do we go about this?



### SCHEDULE

Schedule your priorities according to your energy. You can still experience flow or lose yourself in your work when the task or time is right.

### Choose JOY

Create the conditions to experience joy at work: for every task you choose to do, be more present, focus on making progress instead of hitting a goal and celebrate every win, no matter how small.

### Have FUN!

If you are in charge of what you do for work, make it fun: improve the tools you use for work and do your most important tasks first thing in the morning.

### The secret to productivity is how much fulfillment you take into work.

Maya Angelou was right, "You can only become truly accomplished at something you love. Don't make money your goal. Instead, pursue the things you love doing and then do them so well that people can't take their eyes off of you."

*No one wants to feel trapped in their job, so you must find something that you'll enjoy doing every day.*

Adapted from *If You Enjoy What You Do, Productivity Takes Care of Itself*

## HOW TO MAKE A LIVING AND MAKE AN IMPACT W/ JENNIFER AZEVEDO

Listen to this [#becauseLOVE podcast episode](#) as **Jennifer Azevedo** examines healing, empathy,

making a living and making an impact as she talks to us about the work she does both from 9-5 and 5-9. Jennifer discusses teaching on the mat and teaching in front of a class and how empathy will save the world.

**#becauseLOVE**

*by Suhail Johnson*



### Your chance to win!

The first FIVE people to email [HRTraining@tcu.edu](mailto:HRTraining@tcu.edu) with the subject line "Productivity" win a copy of *Productivity Unleashed: Why It's Not About Getting The Work Done Anymore But Finding The Space To Revel Doing What You Love.*

*\*previous HR giveaway winners are not eligible to win*

**TCU** HUMAN  
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Questions?  
Reach out to us:  
[hrtraining@tcu.edu](mailto:hrtraining@tcu.edu)