



Episode 109: Is it possible to have fun at work?

with Kathryn Owler

Sometimes, finding happiness in our work seems impossible. However, the truth about finding fun at work isn't about laughing. Instead, we can connect to ourselves on a deeper level, cultivate a successful and positive work environment and enjoy what we do.

In this episode, Kathryn Owler joins Rachel to discuss how prioritising enjoyment can help us stay motivated and engaged in the workplace. We also talk about how we can have fun individually and with other people, and how empowerment lets us enjoy our work.

Most importantly, we discuss how being aware of the importance of communication can go a long way in understanding why you might be feeling stuck at work. Through this, you will understand your role in the organisation and navigate through difficult emotions that may hinder you from enjoying your work.

It's not about where you work, but how you work.

If you're looking for ways to shift your mindset to have more fun at work, this episode is for you.

Podcast links

Check out our [Permission to Thrive CPD membership](#) for doctors.

Find out more about the [Shapes Toolkit](#) training, talks and workshops.

Join the [Shapes Collective FB group](#).

Become a member of the [Resilient Team Academy](#)!

[Email Rachel](#) or reach her on [LinkedIn](#) or [Twitter](#).

Download the Three Simple Ways to Enjoying Any Job for free [here](#).



Guest links

Connect with Kathryn:

[Website](#) | [LinkedIn](#) | [Email](#)

Quote to Remember:

'It really starts from their values and what's important to them and then shaping their job in a way as close as possible to their ideal scenario every day making those small changes.'

What You Will Learn

When you are happier, you work better. In any job or workplace, having fun should be one of your priorities. By looking at what you can add or remove from your workplace habits, you can turn your work into a source of fun and happiness.

This activity serves as a reminder to create a meaningful connection with yourself to find out what you need to change in your workplace and mindset. By understanding and acknowledging your emotions, you can take specific actions to improve your work habits.

Remember to stay within your zone of power when deciding what action to take. When you are in control of the situation by shifting your mindset, you can think of more viable solutions to change your relationship with your work. There is a difference between "I have to do this" and "I choose to do this". Shifting your mindset can help you stay motivated and satisfied to be more successful in the workplace.



This exercise will help you understand your role in the workplace by working with your core values and not against them. Most people who find that work compromises their core values tend to be unhappier and feel stuck.

Finally, this activity will help you recognise the benefits of working with your strengths and doing jobs that you are good at. Remember that the small things you do can add up to a complete transformation of how you view your work.

Activity: Prioritising Enjoyable Work Everyday

Q1. How would you describe your ideal work environment?

Q2. Identify your core values. Do you feel that you are compromising these values for the sake of your work? What are the ways you can communicate your needs to your workplace to be happier and more productive?

Q3. In the space below, write down your definition of fun. Then, think of activities or incidents in your workplace that give you a sense of fun and state the reason why they're fun for you. What activities/incidents give you a sense of fun?



<p>What activities/incidents give you the sense of fun?</p>	<p>Why do they give you a sense of fun?</p>

Q4. It is important to remember to stay in your zone of power to feel in control of any situation. How can you take action when you feel overwhelmed or negative about your work?

Q5. There is always something you can do to improve the way we work. Think of five attainable steps that can help you look after yourself and shape your ideal workplace into reality.

- 1.
- 2.
- 3.
- 4.
- 5.



Q6. Playing to your strengths is essential to making happiness a priority and responsibility at work. What can you do to feel competent and motivated in work?

CPD time claimed:

For more episodes of You are not a frog, check out our website www.youarenotafrog.co.uk follow Rachel on Twitter @DrRachelMorris and find out more about the [Permission to Thrive](#) CPD membership for doctors and online and face to face courses on surviving and thriving at work at www.shapestoolkit.com