

reading bank

Not happy? Try hairdressing!

- 1 You are going to read about the results of various surveys on job satisfaction. Read the article and put the sentences (1–8) into the text in the best places (a–h).

- 1 The Global Prosperity Index seems to back this up.
- 2 The answer would appear to be what you do for a living.
- 3 The research also showed that
- 4 This compares badly with the rest of Europe.
- 5 It came to this conclusion after studying over 2,300 adults – examining their personalities and the job they did.
- 6 The Index, compiled by an independent think tank, went beyond traditional financial measures to calculate a country's relative prosperity.
- 7 The annual survey interviewed 1,200 people from 30 different professions.
- 8 So how can you improve your job satisfaction if you're feeling a bit low?

2 Answer the questions.

- 1 What factors are used to calculate the Global Prosperity Index?
- 2 What aspects of their job were people asked to rate in the City & Guilds survey?
- 3 According to Papan Lopez, what leads to job satisfaction?
- 4 What change is on the increase according to Faruk Asif?
- 5 Why does BUPA believe that people are in the wrong jobs?
- 6 Why does the author suggest a hair salon in New York, Oslo, or Stockholm are 'happy places'?

3 Decide what these numbers refer to.

- | | | |
|------|---------|---------|
| a 63 | d 70 | g 75 |
| b 21 | e 1,200 | h 2,300 |
| c 2 | f 45 | i 50 |

- 4 Match the words or phrases (1–8) with the definitions (a–h).

- | | |
|--------------------|------------------------------------------------------------------------------------------------------------------------------------|
| 1 contentment | a a group of experts who provide advice and ideas on political, social, or economic issues |
| 2 a resounding yes | b standing, sitting, or lying in a lazy way – used figuratively in the text to mean in a lower than expected position |
| 3 think tank | c a person who answers questions, especially in a survey |
| 4 lounging | d the process of questioning people who are representative of a larger group in order to get information about the general opinion |
| 5 poll | e emphatic statement meaning very great |
| 6 respondent | f to be in agreement with sb / sth; to have the same opinions, feelings, interests, etc. as sb / sth |
| 7 swapping | g a feeling of happiness or satisfaction |
| 8 in tune with | h replacing one thing with another |

Over to you

- 1 Think of three different jobs, and consider their pros and cons in terms of happiness.
- 2 What aspects of your own job would need to change to make you happier?

1.9 2.9 3.1 4.7 5.6 6.0
1.2 2.8 4
2.1 Researcher wealth and life satisfaction (including freedom of choice, healthcare, and a country's climate)

2. Job satisfaction based on their ability to be their own boss

3. Fulfilling your potential and feeling you can make a difference

4. People swapping their office desks for a hands-on vocation which enables them to use their brains and feet more in change

5. Personalists do not match because according to the survey, hairdressing is a happy profession and the USA, Norway, and Sweden are at the top of the Global Prosperity Index

6. The number of adult workers who self happy at work

7. The number (in millions) of people who may be in the wrong job for their personality

8. The number of respondents out of the total who answered extremely happy with their work

9. The number of countries included in the Global Prosperity Index list

10. The number of people interviewed in the City & Guilds survey

11. The number of adults in the wrong job

12. The number of people in the UK that BUPA claims are in the wrong job

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Answer Key

Not happy? Try hairdressing!

Do you whistle while you work?
Does the thought of Monday morning fill you with contentment?
If the answers to those questions is a resounding yes, then chances are you don't live in Japan, Brazil, China, or India!

The latest Global Prosperity Index, which measures happiness, has all these countries lounging in the bottom half of a list of 50.

As well as work and wages, it considers indicators of life satisfaction, including freedom of choice, healthcare, and a country's climate. So which of these is the

'True job satisfaction and happiness is about fulfilling your potential and feeling that you can make a difference'

deciding factor? It does seem that an enjoyable 9-to-5 counts for a lot – but you don't have to be the CEO to have a smile on your face. Results of a UK survey conducted by the City & Guilds Qualification Authority have shown that 2 out of 5 hairdressers are extremely happy in their work – a rate which puts that profession at the top of the poll.

15 of these professions were chosen to represent white-collar, and 15 for vocational jobs. Workers from both classes were asked to rate their job satisfaction based on various aspects of their work, including pay, stress levels, and their ability to be



their own boss. Researchers found that 70% of vocational workers felt happy at work compared with 63% of white-collar staff. In Switzerland for example, 85% of all respondents in a similar survey said they were satisfied at work, while the Danes consistently record figures in the nineties.

What about the picture worldwide? These days, true job satisfaction and happiness is about fulfilling your potential and feeling that you can make a difference,' said Papan Lopez, a Mexican nurse. 'More people than ever are swapping their office jobs for a vocation that enables them to be hands-on, use their brains, and be in charge of their own destiny,' according to Faruk Asil, a Turkish-born engineer now resident in New Zealand. It's worth noting that both Mexico and New Zealand feature in the top half of the Global Prosperity Index.

It certainly seems to be the season for job-related research. BUPA, the private healthcare company, has also just claimed that up to 75% of UK workers are in the 'wrong job'. The findings lead them to claim that 21 million people have taken a career path that doesn't match their character. The survey explored whether people were introverts, extroverts, optimists, or perfectionists. people in the less wealthy north of the country were more likely to live and work in tune

with their personalities than those in the wealthier south.

Psychologist Dr Ron Dalo commented: 'It's crucial to understand our individual personalities in order to find the right match. Failure to do so means you could spend great chunks of life feeling like a square peg in a round hole. A job which pays well doesn't necessarily guarantee complete satisfaction. The majority of the working populations of both Argentina and Iceland is described as 'poor but satisfied', while Japanese workers rank among the richest but most 'dissatisfied' in the world. Ichiro Kimura, a 45-year-old tax advisor from Tokyo, disagrees, 'I enjoy my job because I work hard. What matters to me is the trust and respect of management and co-workers'. At the end of the day, perhaps it's all a question of high or low expectations.

Monster.com, the job placement website, has one or two tips to help. Its suggestions include taking on more responsibilities at work in order to challenge yourself, doing courses to expand your mind, and improving your social life to even up your work-life balance. Of course, you can always start looking around for a new job ... or a new country. If all these surveys and research are to be believed, and we really want to maximize our happiness, a hair salon in New York, Oslo, or Stockholm would seem to be the best place to start!

Glossary

prosperity the state of being successful, especially in making money

white-collar working in an office, rather than in a factory

vocational the skills, knowledge, etc. that you need to have to do a particular job

a square peg (in a round hole) a person who does not feel happy or comfortable in a particular situation, or who is not suitable for it