

## Worksheet 1:

### Thinking about the work you do

You might be an employee, self-employed or a volunteer. Your working life might be split between types of work, some paid and some unpaid. This worksheet should be used to focus on one area of your work, maybe your main work or the work that you find least satisfying. Separate sheets can be completed for your other areas of work if you wish.



**Purpose:** The main point of this worksheet is to think *about* and describe the community you belong to in your work. Within an organisation, it may be clearly defined as a team, unit or department. If you are self-employed or work within a small business, it may be a less formal network of work partners, associates and customers who support your work activities/use your services.

### Questions to help you think about your work community:

What is your work?

Where do you work?

Who do you work for?

Is your work paid or unpaid?

How many hours a week do you work in this role?

Who do you work most closely with?

What are you responsible for?

Who do you depend on at work?

Who depends on you?

Where does your satisfaction come from at work?

How appreciated do you feel for your work and who by?