

# MEANINGFUL CAREERS

During your lifetime, you will spend over 80,000 hours working. How can you use them to make a difference?

## DEFINITION

Meaningful careers are ones that are rewarding and have a positive social impact. They come in all shapes and sizes, but they all have one thing in common – making the world a better place.

## MAIN BENEFITS

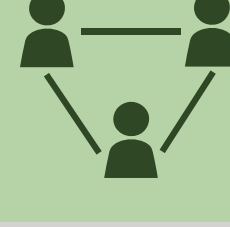
**Finding meaning** and satisfaction from one's career **improves job satisfaction**, engagement, empowerment, motivation, performance, and personal fulfillment, and **lowers stress**, absenteeism, and depression.



59%

59% of Millennials say having a job where they can **make an impact** is **very important** to them.

Millennials **want to work with purpose** and to share the same values with their workplace. Being part of a good cause helps millennials **feel empowered** and able to positively influence the world around them.



**Money doesn't buy happiness** in the workplace – purpose does.



45%

45% of people would **give up 15% of their annual salary** to have a job that seeks to make a social or environmental difference in the world.

7 out of 10 professionals **prefer a job that they enjoy**, rather than a job that pays well.

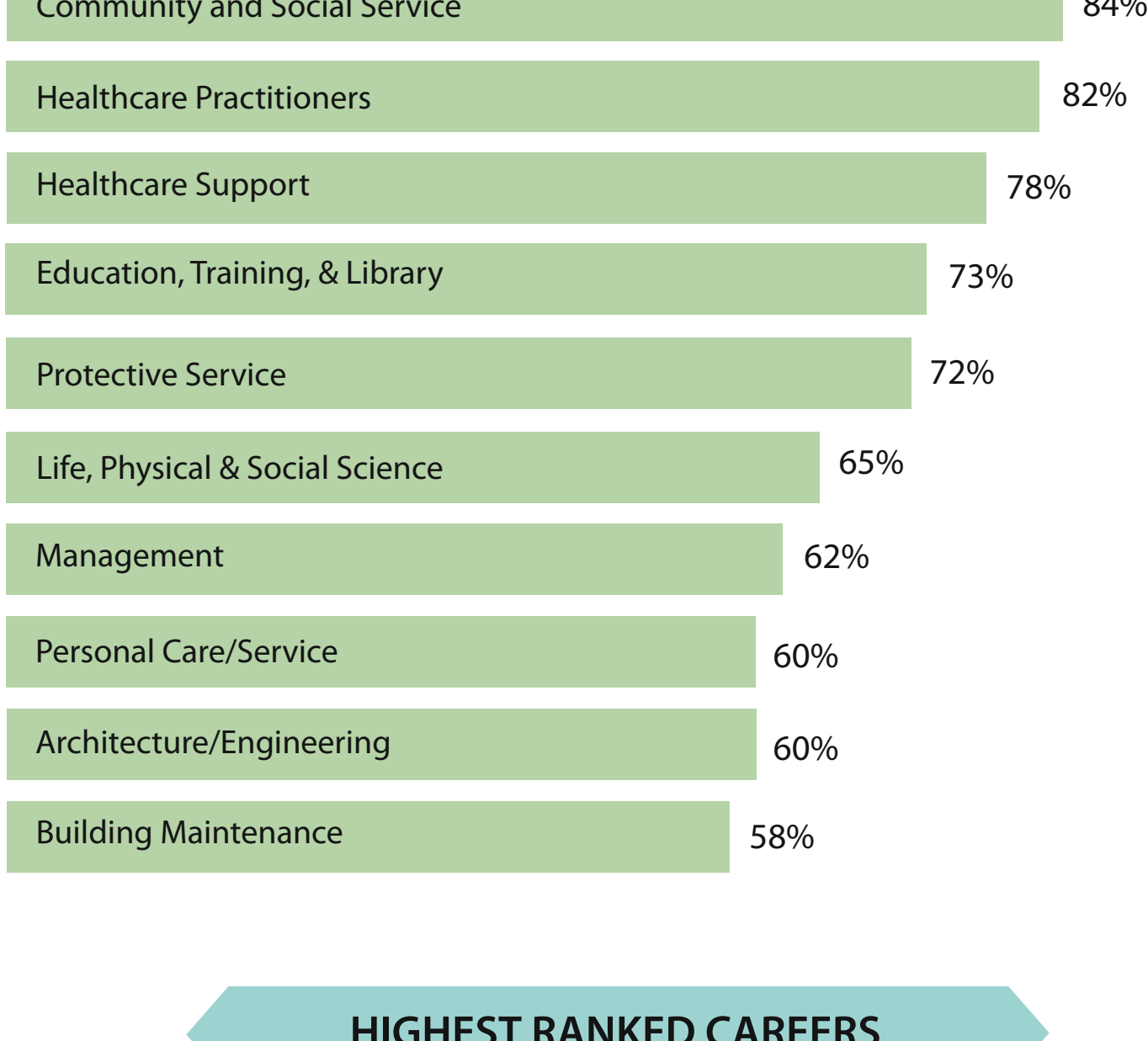


## FINDING SUCH CAREERS

There are different ways to find meaning in one's work, so finding a career that makes a difference isn't too difficult. People often believe that meaningful careers can only be found at non-profits and have low salaries. This is far from the truth. Any role in any company and industry that strives to achieve social or environmental purpose is considered meaningful. Check out some of the options below.

### TOP 10 HIGHEST RANKED INDUSTRIES

Here are the top half industries with the highest average percentage of workers who report high meaning in their jobs.



### HIGHEST RANKED CAREERS

80% or more of workers in these careers find their jobs meaningful.

**Community & Social Service**

- Clergy
- Director, religious activities & education
- Child, family, school social worker
- Rehabilitation counsellor
- Mental health counsellor
- Health educator
- Marriage & family therapist
- Substance abuse & behavioural disorder counsellor
- Mental health & substance abuse social worker
- Medical & public health social worker
- Educational, vocational school counsellor

**Healthcare Support**

- Physical therapist assistant
- Occupational therapist assistant
- Physical therapist aide
- Massage therapist
- Medical equipment preparer

**Education, Training, Library**

- English & literature teacher, postsecondary
- Kindergarten teachers
- Middle school teacher
- Secondary school teacher
- Teacher assistant
- Art, drama, music teacher, postsecondary

**Healthcare Practitioners**

- Anesthesiologist
- Family & general practitioner
- Chiropractor
- Audiologist
- Dentist
- Surgeon
- Psychiatrist
- Paediatrician
- Radiation therapist
- Physical therapist
- Occupational therapist
- Speech-language pathologist
- Veterinarian
- Orthotist & prosthetist
- Recreational therapist
- Internist
- Podiatrist
- Physician assistant
- Medical & health services manager
- Medical scientist
- Surgical technologist
- Nuclear medicine technologist
- Registered nurse
- Respiratory therapist
- Medical & clinical lab technologist
- Veterinary technician

**Protective Service**

- Fire fighter
- Manager of firefighting and prevention workers
- Police & sheriff's patrol officer

## HOW TO GET THERE

Making a positive contribution to the society means different things to different people. There's no pre-defined path for making an impact. What's important is that everyone can contribute in some way. Here's what you can try.

### Know yourself.

Identify your values and interests. Think about the type and level of impact you want to achieve.

### Look carefully.

Not every meaningful job has a clear title. Read the job description and company information to find opportunities for impact.

### Create an impact.

You can find ways for making an impact at your own workplace. Find ways to benefit your organization and take the lead when opportunity presents itself.

### Volunteer.

Even if can't make an impact at your workplace, you can still make a difference by contributing to a cause you believe in.

### Discuss your options

with a Career Counsellor and meet with an Employment Strategist to make a personalized action plan. Visit the UTM Career Centre to get started.

"It's much easier to find a job in a field you are passionate about. Understand **how** to give back and **why**. It makes it easier to narrow down the organizations that align with your personal values."

- Kendra Kerr  
Community Investment Officer at Maple Leaf Sports & Entertainment

## THE BOTTOM LINE

When you apply for jobs that make a difference in the world, you'll look forward to going to work. You'll know that the hard work you put in each and every day has a direct and positive impact on our planet and the people who live here.

Now go make the world a better place!

UTM  
CAREER CENTRE

### Sources:

1. American Psychological Association: <http://www.apa.org/monitor/2013/12/job-satisfaction.aspx>
2. Deloitte's 2015 Millennial Survey: <https://www2.deloitte.com/global/en/pages/about-deloitte/articles/millennial-survey-making-impact-through-employers.html>
3. Net Impact Talent Report: What Workers Want in 2012: <https://netimpact.org/sites/default/files/documents/what-workers-want-2012.pdf>
4. Thompson Reuters poll: <https://www.payscale.com/career-news/2013/12/money-doesn-t-buy-happiness-in-your-career-purpose-does-infographic>
5. Payscale <http://www.payscale.com/data-packages/most-and-least-meaningful-jobs/full-list>
6. Payscale <https://www.payscale.com/data-packages/most-and-least-meaningful-jobs>