*“Is personal fulfillment possible in today’s professional environment?”* - Proposition de corrigé

In the wake of the Covid-19 pandemic, there was a huge wave of resignations, especially in the United States, that was **dubbed** “the Great Resignation”, along with a new trend called “quiet quitting” (analyzed in documents 1 and 2) aimed at redefining a healthier work-life balance. These recent trends **put a spotlight on** the issue of stress and suffering at work, **at the expense of** happiness. In today’s work context, is it possible to achieve personal fulfillment?

First, **it is worth noting that** the very idea of seeking personal fulfillment at work is a relatively new notion, as for the longest time, work was only **a means to an end**, i.e making a living. However, in modern society, work has become much more than just a way to **keep the pot boiling**. It has become a factor of identity, and the development of new technologies **has** **blurred the line** with personal life. Therefore, it makes sense to look for well-being in one’s occupation. A survey conducted in 2021 (doc 4) shows that money is not the primary factor for being satisfied with one’s job, **far from it**: an overwhelming 72% considered that feeling respected was paramount. This suggests that the lattersadly **eludes** many workers. In Dans le Bus (doc 3), the main character **symbolizes** all the office workers who do not find any meaning in their jobs[[1]](#footnote-1). The character’s dissatisfaction and detachment from his work echo the trend of “quiet quitting”.

**Now,** why is it so hard to find fulfillment at work today? Today’s professional environment is stressful: competition between workers, at a time when **jobs are scarce**, may force workers to remain in a position even if they do not enjoy what they do. Document 5 denounces the mad “**rat race**” that the modern, overconnected professional environment imposes on many workers, often **at the expense of** their private life. Twitter/X CEO Elon Musk’s recent [ultimatum to Twitter employees](https://www.wellable.co/blog/how-twitter-ceo-elon-musks-hardcore-work-ultimatum-backfired/) to commit to working “long hours at high intensity” or leave the company epitomizes this **hustle culture**. **Tellingly**, hundreds of workers accepted the severance pay and walked out, which I would argue is a healthy sign that even in the Silicon Valley – a **stronghold** of workaholism, people **are** questioning a typically American (sometimes toxic) hard-work ethos.

To conclude, an increasingly stressful work environment has too often made personal fulfillment an **elusive** goal, and it has never been more crucial to prioritize a healthy balance between professional and private life.

(400 words – a tad too long ☹)

# HOW TO AVOID “I think”:

“**I think” at the beginning of a sentence sounds clumsy. It is better to have** **“I think” inside a sentence:**

“The answer**, I think**, is to strike a balance between personal and professional life.”

Parents, **I think**, should not over worry about ...

Politicians, **I believe**, always think in the short term.

**But there are also many alternatives to "I think":**

**To be honest**, I do not believe in …

**For my part**, I am against…

**As far as I am concerned**, I would never sacrifice my personal life, but…

There are, **in my view**, only two ways of dealing with this issue.

**I would argue** that…

Blah blah blah….**,** **which I find quite hypocritical**.

**What worries me most is**…

What matters, **as I see it**, is to give more freedom to teenagers.

**I hope** it will…

**Let us hope** it works.

**I find it hard to swallow that** it should be like this.

I **entirely disagree with** such a choice.

I **firmly believe** that…

I would **contend that** it should never be done.

1. Also worth reading : https://www.lemonde.fr/economie/article/2018/09/11/david-graeber-les-bullshit-jobs-se-sont-multiplies-de-facon-exponentielle-ces-dernieres-decennies\_5353406\_3234.html [↑](#footnote-ref-1)