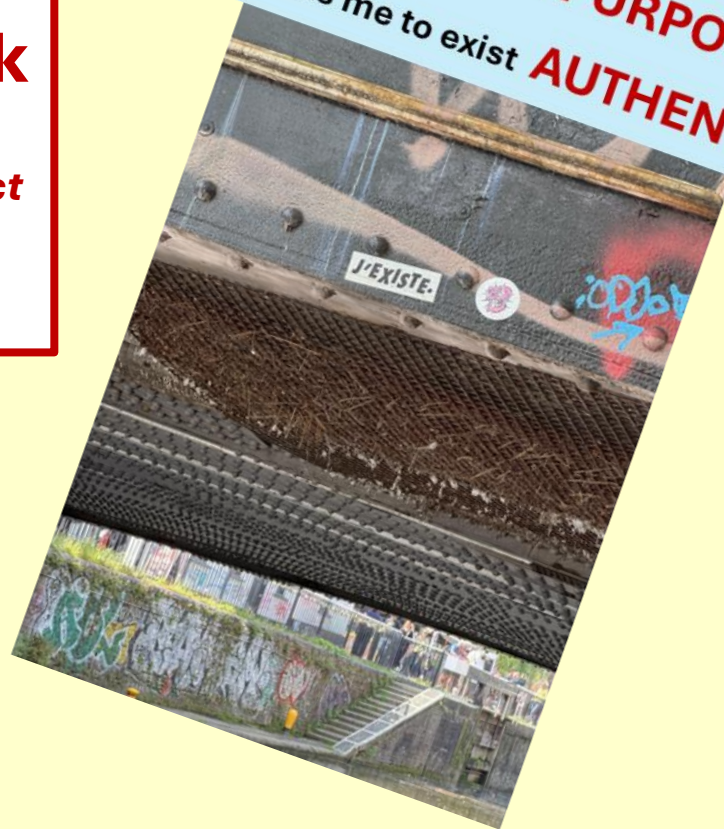


Rethinking Being at Work

*An active event to support people to reflect
on life in the workplace to improve it for
themselves and for others*

"In navigating **TIME**,
I am **FREE**
to make **CHOICE**
in order to create **MEANING**
in my life and a sense of **PURPOSE**,
all of which supports me to exist **AUTHENTICALLY**,"



The Background to the Workshop

In terms of our human lifespan, we spend a remarkable amount of time in the workplace.

Most of us spend 45 years working. If we work a 40-hour week and have six weeks of annual leave, that means that 82,800 hours of our precious life is spent in employment.

Too often, we find people immersed in and consumed by that organisational life...and actively deferring their personal existence in the moment by planning for their retirement.

This workshop, based on key concepts from existentialist philosophising, creates the opportunity for people to consider their relationship to their working life and explore ways in which to live it differently.

It also encourages participants – particularly those in managerial and corporate leadership positions – to think about how they can support those with whom they work to live their lives positively in the workplace.

The pivotal concepts that will be used to guide people in their thoughtfulness are as follows:

- *The fact that we find ourselves in the world for a finite period of time;*
- *The agency we enjoy as human beings in terms of freedom and choice;*
- *The fact that it is down to us to create meaning and purpose from our working lives; and*
- *The importance of seeking to live in good faith.*

These three-hour events are of particular interest and use to those who are going through processes of organisational change. But equally they encourage everyone to think about their life – and to find ways to live it in the best way that they can.

They can be run online and in person...and offer conversational space and time for participants to safely engage in a collective inquiry.

They are hosted by Dr Mark Cole, FCIPD, whose new book entitled *Being at Work: Using Existentialism to Make Sense of Your Organisational Life* will be published by Routledge in November 2025.

Further Detail about the Host

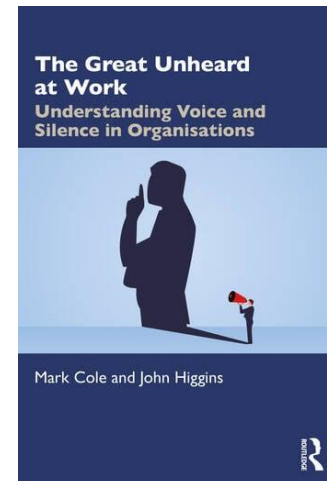
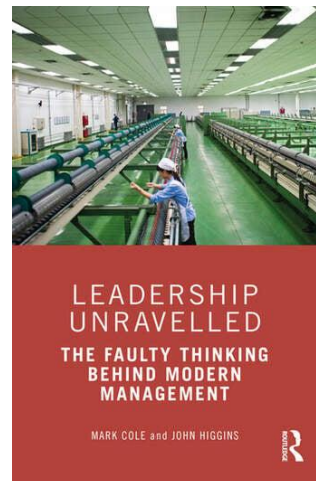
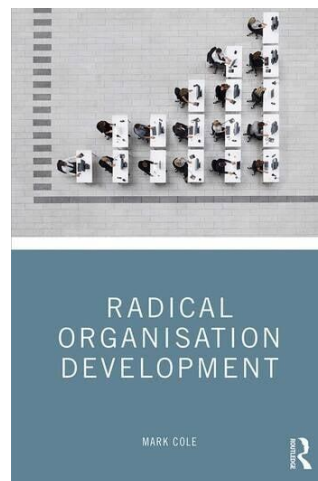
Details of the book on which this workshop is based can be found [HERE](#)

You can learn more about the host via Mark Cole's LinkedIn profile, which can be accessed [HERE](#)

Mark's website provides additional detail of the sort of work he now does on the topic of organisational life. This can be viewed via this [LINK](#)

Mark works closely with the independent researcher John Higgins and this [BLOG](#) is where they share thoughts and ideas about organisational life

Click on book image for further information



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