

The Pursuit of Meaningful Work
UGBA 157.1
2 Units/Credits
Mondays: 4:00–6:00
Chou Hall, Room N440

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Fall 2019 Flyer

Course Overview

The purpose of this course is to cultivate the self-awareness and practices for pursuing meaningful work in any context. By observing and shifting the ways in which we construct our work roles, the work environment, the contributions we make through work, and even our overall lived experience, we influence the degree to which we thrive, survive, or quit on the job. Through practice, we increase our skill for undertaking interpersonal risks and strategies that yield work aligned with who we are and who we want to become.

Never before has this skill carried such a premium. The combined trends of increasing employee disengagement, decreasing job tenure, and creeping disruption of white collar careers all point towards a need for individuals to take charge of their own development. The explosive growth of the executive coaching market is one response to these trends. This course offers a different response: to teach field-tested frameworks and practices that, when integrated, provide a foundation for self-coaching. *Consequently, this course will be of service to you if you are contemplating the ways in which you will grow as a leader throughout the arc of your career as well as if you aim to develop yourself as a manager of people.*

Irrespective of your intentions for taking the course, the aim of the course is to increase your skillfulness in:

1. Diagnosing the specific sources of meaningfulness that drive individuals' engagement in a work context
2. Identifying opportunities for developing yourself, your teammates, as well as others across an organization
3. Designing safe-to-fail practices that support aspirational changes in your behaviors and mindsets

We will accomplish these goals by discussing cases and research on the subject matter, engaging in group process conversations, and conducting self-assessments and paired-coaching exercises.