

Challenge in the workplace

Modern work can be a drag

The modern working world was created with the **industrial revolution** and the increased specialisation it brought with it, but it came at a cost. Modern workers typically have **highly specialised jobs that are repetitive, boring, and time-consuming** while often also being very difficult. As a result, workers are **stressed, unproductive, and unhappy**. [Only 13% of workers](#) worldwide report that they actually enjoy their work.



It's important to challenge yourself in ways that'll help you grow and develop your career the way that you personally want it to.

A good challenge provides:

- positive motivation and direction
- helps to reframe and mitigate the stress and boredom of the modern work environment.

Often, professionals can best challenge themselves by:

- developing their skills
- educating themselves
- gaining influence in their business and their industry.

At the end of the day, though, these goals could be nearly anything, and have to be **defined by the individual**.

What Gen Z (current 16-25 year olds) is looking for

- **Leaders who will help them be inspired** in their day-to-day work, while encouraging them to try new things and develop professionally over time
- An **interesting job** over a **high paid job**

As Randy Grieser, author of *The Ordinary Leader*, writes about the [motivating power of meaningful work](#), "For all of us, work in many ways is a classroom in which we should always be learning." For Grieser, it ties back to "an innate desire to improve and better [ourselves]."



Watch the clip
[Why challenge is important](#)

