

Ilana Gerschlowitz
works with children
with autism.

3 COMMUNITY WORK

Zaheer Rajah, community fundraiser for non-profit organisation, Islamic Relief, believes acts of kindness are a sure key to contentment in work and life. “We are working on a daily basis to help those in need and the feeling of satisfaction you get seeing the fruits of your labour is indescribable,” he says. “We run feed-an-orphan initiatives and just to see the difference it makes to these children is enough to go to bed feeling like I’ve made the world a better place even in a small way.” He adds, “The truth is you may not be working in the non-profit sector and that’s okay,” but, “look into volunteering your time for organisations such as ours and work on projects that you enjoy and that will feed your soul.”

If you aren’t sure that your career is meaningful, consider starting or joining a company that is socially conscious. Find one that gives back to the community. Ilana Gerschlowitz, founder of The Star Academy and author of the book *Saving My Sons, A Journey with Autism*, is an advocate turned autism-philanthropist. Her job entails assisting children wrestling with autism. “For me the reward is seeing the children’s progress, hearing their voices for the first time or hearing about how their health is improving because I’ve directed the parents in treating the underlying causes of autism. Everyday I am privileged to be part of changing the world for the better – giving children with autism a chance at a good life,” she says.

4 FOCUS ON THE POSITIVES

No doubt, every job will have its ups and downs, so in order to be happy, eliminate the negative aspects. You may have a long commute to work or you may have to sit in meetings that you find tedious. Look for the positives. The commute may provide time for you to prepare for the day ahead or an opportunity to learn new things.



FIND A BALANCE BETWEEN WHAT YOU'RE GOOD AT, AND WHAT YOU LOVE DOING.

5 REMOTE WORK

Working off-site can offer practical flexibility. Although working this way may mean more time spent alone, the positives can outweigh the negatives. You can save fuel, spend less time in traffic and focus on tasks without unnecessary distractions.

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