

Capsule 2

Goal: Ensuring that the work environment of the occupation you have chosen suits you well.

Introduction

Why worry about my work environment when I do not have a job?

To make sure you are headed in the right direction, that's all. Otherwise, you may end up quitting jobs that are not made for you, that do not fit your needs.

Accepting a job that does not suit you and that you will leave as soon as possible is disrespectful towards yourself and others. It is also a waste of time...

At l'Itinéraire pour l'emploi, we suggest that you take some time now to think about the work environment that suits you best. Capsule 2 will help you with this step. And remember that if you need a hand, you can always see an advisor!

Instructions

There are many elements to a work environment. In the theme blocks below, check all the elements that correspond to the work environment that suits you best.

Geographical environment

city
suburbs
rural zone

Physical environment

office
factory
store
care or educational institution (hospital, high school, etc.)
outdoors
on the road
at home
others

Human environment

alone
small team
large team
with the public
with children

with teenagers
with seniors

Level of responsibility

none
project or record manager
managing a small team
managing more than 10 people
with budget management
without budget management

Type of remuneration

salary
commissions
tips
fixed-price contract
fee

Other characteristics

union work
non-union work
full time
part time
work shifts
Monday to Friday
daytime
evening
night time
weekends
on call

Evaluation questionnaire

1. In the **geographical environment** that suits you best (city, suburbs or rural zone), are there any employers that offer jobs in the field you have chosen in Capsule 1?
Y/N
 - a. (If No): Would you be willing to move?
 - i. If yes, move on to the next question.
 - ii. Otherwise, go back to Capsule 1 to choose another field of employment.

2. Can you do the occupation you have chosen in Capsule 1 in your preferred **physical environment**? Y/N
 - a. (If No): To be happy and productive at work, you should be comfortable in its physical environment. Someone who loves working outdoors will

probably get bored by spending the day in an office, for example. Think about the occupation you have chosen in relation with its corresponding physical environment. Ask yourself if you would be willing to compromise and still be happy and productive at work. Go back to Capsule 1 to choose another occupation, if need be.

3. Can you do the occupation you have chosen in Capsule 1 in the **human environment** that suits you best? Y/N
 - a. (If No): To be happy and productive at work, you should be comfortable in its human environment. Someone who loves working with the public will probably get bored in an occupation where they are alone in front of a machine. In opposite, a solitary person may end up hating their job if they choose to become a nurse or a teacher, for example. Think about the occupation you have chosen in relation with its corresponding human environment. Go back to Capsule 1 to choose another occupation, if need be.
4. For the occupation you have chosen in Capsule 1, are there any jobs whose **responsibilities** correspond to your wishes and ambitions? Y/N
 - a. (If No): Imagine the following: 2 people have the exact same job. The first one is always stressed by the responsibilities related to the job which they find overwhelming. The second one, on the other hand, is incredibly bored and feels a lack of challenges. And yet, these 2 people have the exact same position. This type of situation is frequent, and it shows how personal and important the matter of responsibilities can be. Think about the occupation you have chosen in relation with its associated level of responsibility. Go back to Capsule 1 to choose another occupation, if need be.
5. Do you find satisfying the **type of remuneration** corresponding to the occupation you have chosen in Capsule 1? Y/N
 - a. (If No): Knowing from the beginning all the aspects of your remuneration is crucial to avoid later misunderstandings. Sometimes remuneration is negotiable, sometimes it's not. It can come in various forms (salary, fixed-price contract, fee, etc.) or it can be a combination (salary and tips, salary and commissions, etc.). Think about the occupation you have chosen in relation with its usually associated type of remuneration. Do not hesitate to see an advisor for more information. And if need be, go back to Capsule 1 to choose another occupation.
6. Do the **other characteristics** corresponding to the occupation you have chosen in Capsule 1 suit you? Y/N
 - a. (If No): In everyday life, the same job can come in many different forms. It can be full-time or part-time, union or non-union work, with a fixed schedule or on call, etc. What are your personal and family constraints and objectives, in terms of schedule, income, social benefits? Think about the occupation you have chosen in relation with these characteristics. Do not

hesitate to see an advisor for more information. And if need be, go back to Capsule 1 to choose another occupation.

7. Do the **various aspects of your chosen field's work environment** suit your overall needs? Y/N
 - a. (If Yes): Great! Move on to Capsule 3!
 - b. (If No): Making sure that your chosen occupation's work environment suits you is a very important step. Take the time to do it well.