

# Finding Meaning and Happiness in What You Do

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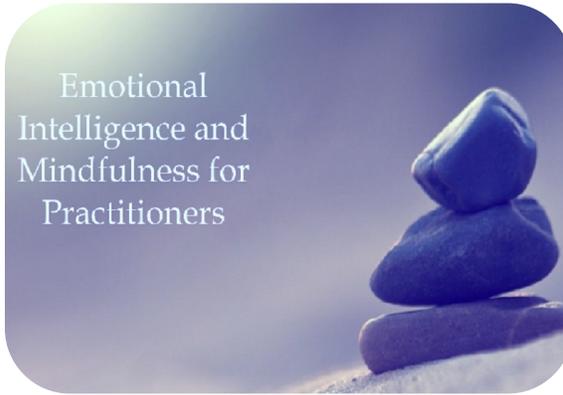
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**Have you ever asked yourself why do you work? And whether you are happy at work? Please do. Do this in a quiet place away from any distractions.**

The first answer that comes to your mind is perhaps that you work to pay your bills, to survive and to secure a certain life style. These are all conditional answers, which to a degree, are based on “fear” and “worry”, and as such, you wonder “how can fear and worry bring happiness?”

**We move on to another question: Do you just work for money?**

The answer for many of us maybe “yes”, because we are influenced by a common mentality in the workplace and in our cultures: our job is a chore, we do it to survive, and lucky are those people who do not have to work.

**There is a positive shift in attention in the workplace about the importance of having happy employees.**

**It is getting clear that happiness at work is directly related to employee retention, productivity and well being. It is not only about competitive pay and benefits anymore. So, what truly makes employees happy?**

**My answer to this question is utterly different:**

I work to be happy and fulfilled, and I believe this to be the answer to everything that we do in life. Why then do we travel, enjoy fine dining, go to concerts and parties, play sports, read a book, etc.? We do everything in the pursuit of happiness and joy, and same should apply to work.

Is work not part of life? Every moment we spend at work is part of our precious life too, and it is a big part! So, we should invest our time at work in being happy, fulfilled, accomplished, and in being mindful and aware of our dreams and passions.



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For more detailed information on how to find happiness and mindfulness in your everyday life, register for Nada's 3 hour Emotional Intelligence and Mindfulness for Practitioners session [here](#).

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Of course a positive and mindful corporate culture is key to helping employees perform and be motivated. Building inspiring and flexible work setting, where great minds come together to share ideas and aspirations is another wonderful aspect, but would that guarantee happy employees? I do not believe so. I truly believe that the notion of happy and fulfilled employees rests first on them enjoying what they do. Yes, they have to be passionate and loving what they do! My answers reflect on my own experience trying for years to reach fulfillment and happiness at work.

I strongly believe that the future focus should shift to helping employees go back to the basic idea of falling in love with what they do. The first question we should ask in a job interview is how passionate the applicant is towards the position in place, and how would the position help him/her in reaching his/her dreams, passions and goals. Technical and other questions are important but love and passion should come first.

We should have a rooted change in the way we view our careers. Our careers and organizations should be a vehicle for us to achieve and pursue our passions and dreams. Only with this "back to the core values" change in mentality, happiness at work is achieved. The corporate culture is lacking engaged and fulfilled professionals and an action is truly needed – an action that serves employees to evolve and flower as human beings. With truly happy and fulfilled employees, corporate performance and well being will soar.



**Nada Boutarieh Kamaledine, CPA, CGA, CGMA** brings us this 3-hour on-demand course to help CPA professionals find joy and happiness in their lives by finding their passions in what they do on a daily basis. Practicing emotional intelligence does not have to be complicated, we designed this course using Mindfulness and Visualization as effective and simple tools to help you become highly emotionally intelligent.

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**Click [here](#) to visit Nada's blog on Mindfulness in your workplace.**

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