

# Why Don't You Like Mondays?

Hate your job? **the magazine** looks at the ways to love your 9-to-5



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It’s Monday morning again. The alarm clock rings and you pull yourself out of bed. The working week has started and you’ve got another 40 hours of coma-inducing meetings and brain-numbing spreadsheets before the sacred weekend comes around. And then you have to do it all again. Us Brits work some of the longest hours in Europe and whether we despise our job, bosses or co-workers, we’ll all spend a fifth of our life slaving away for The Man. “People moan about their jobs, but it’s their responsibility to do something about it,” says career coach Marianne Craig. Here, she shares her four best tips to squeeze the most enjoyment out of your job.

## Be Positive

Today’s going to be a bad day. Your boss is prowling around like a vigilante traffic warden. Your co-workers are silent, glued to their screens like they’ve been sent an email with a naked picture of Jake Gyllenhaal attached. It’s going to be a long, bad day. So like every other day then. “Get up in the morning and decide you’re going to have the best day ever,” says Marianne.

“From the moment you leave the house, be determined to have a satisfying day and you will.”

## Treat Yourself

It’s nine o’clock. The list of things you’ve got to do is beginning to resemble a novel, your inbox is clogged full of emails, and your call sheet looks like it belongs to someone much more important than you. You just want it to be home time. “To make the day go quicker, draw up a list of things you enjoy and do one every lunch break,” advises Marianne.

“Even if it’s something little like having lunch in a particular café or going for a walk.”

## Understand Your Boss

Your boss may be the love child of Genghis Kahn and Alan Sugar, but they’re still human. While you’re changing your status on Facebook, they’re in an office stressing over sales projections. If you put yourself in their shoes, you’re more likely to spot things you can do to lend a hand. Help them to do their job and you’ll feel much more in control of yours. “Treat your boss

like an equal human being,” says Marianne.

“Meet their needs, and think about the company in their terms.”

## Talk about your problems

You’re frustrated with your job. Each evening you come home from the office in a bad mood, scowl at your cat, shout at the other half and collapse on the sofa still wearing your coat. Talking to your cat (or other half) about your woes doesn’t solve much, and the jobs supplement in the local paper isn’t until Thursday. Marianne advises, “Be honest. Have a chat with your boss about your dissatisfaction and try to find ways of making your job more satisfying.” Although don’t moan about how you are not living your childhood dream of being a pony trainer.

“Talk about your problems in a positive way,” adds Marianne. “Ask about getting more responsibility and moving up in the company.”

the words: Tom Mason