## 16.3 Job Satisfaction

After reviewing the information on job satisfaction (to refer to Table 16.1), take some time to reflect upon your own career interests and how you will define job satisfaction in your future careers.

One of the statements that stands out to me in this reading is their definition of job satisfaction being “the degree in which workers have positive towards their jobs” (Nevid pg 629) I can agree and maybe slightly disagree with this vague of a statement because I believe job satisfaction is way more than just the feeling of positiveness at work. There are jobs I have had that paid very well but I was very unhappy. I have had jobs that paid very little but they were fun jobs. I could have positive feelings at that job but when I would sit down to pay my bills and it wasn’t enough, then my positive feelings about my job would change. I was happy with the job, unhappy with the pay. But the pay for the type of job was right where it should be. I used to work for Utah Power and was a Union employee. We were paid very well there. And I was young. It was a good career opportunity for me and I spent 7 years at their offices until I could really not take it anymore. No amount of money could keep me working for a company that didn’t trust their employees and their managers would do anything to get to the top. This was 2004 and I left that company and never looked back. The financial stress got worse but the emotional stress disappeared.

I have decided to switch careers. Unique in the sense that I am trying to develop a career that borderlines self employment but it doesn’t necessarily need to be. I stumbled upon the opportunity to build my own career so to speak but it doesn’t come without challenges. I have to start a non profit organization and I have very little education on how to do this. I suppose some of the business courses that I took will help me with some obstacles in this part of my career. I believe that I know what I want to do, and I know how to start going about it but my job satisfaction will be based on how I can help others. Did they learn from what I taught them ? Did I help someone who was too afraid to reach out to others ? Did my story help young adults see the potential of a dangerous relationship ? I have talked to the Utah Domestic Violence Coalition and they no longer have an education program in place. The funding was just not there and so if I am going to do this, I am going to need to raise awareness and a need and then get someone in politics around Utah to listen to me. I was very upset to hear that when we need to cut funding we cut the types of programs that can potentially save thousands of dollars the state spends in treating victims and imprisoning abusers.

Psychologist Nasha London-Vargas(2001) suggests that our career choices have the potential to help us fulfill our basic values and life goals (Nevid 630). She is 100 % correct when she says this, at least for me. I never thought much about the differences between having a job and having a career until recently. While I am middle aged now, I believe that my organization will bring hope and awareness to many who otherwise may never understand domestic violence until they are directly involved. My job satisfaction is already met by the fact that this is a lifelong goal. I want to spread the word about how, why and all the taboo subjects that are involved in the intricate parts of why domestic violence happens. I have never felt so compelled until I spoke in front of the high school students last year. I knew when I left that room and based on the reactions of the students, that my story had to be told. That I lived that night to do this. That my career, no matter how unique has a purpose. That to me is very satisfying.

Reflective statement:

This assignment has helped me to see that all the “jobs” I have had have merely just been jobs. Something to pay the bills. I have had good ones and bad ones, high paying and low paying. There are a lot of factors that go into this. None of them really matter anymore but they do help me to see that I need to control my own job satisfaction.

There is a young lady by the name of Melissa Dohme. She is the entire reason I started to use my experience to help others. I seen a post from her page on my facebook and she was amazing. She was stabbed 32 times and almost died twice that night. We watched her recover, make her court appearances against her abuser, and now within this last week, she has become a full time employee for Hands Across the Bay in Florida and is now a paid domestic violence advocate. This is my dream job. And she made it. She has said that this choice was so easily made and I agree. There is so much work to be done, and so many states that need to hear stories like mine and hers. I will be putting on my first domestic violence symposium in February of 2014 and I am thrilled to be starting my non profit “Voices Above the Violence” in the next month. My job satisfaction is already being fulfilled by the people I get messages from, the comments on my facebook page “voices above the violence” and those that come to me for advices. From the teenagers I talk to and the parents and community that embraces my story and commitment to change the way we see abuse. Starting your own business is hard, but backing it up with passion for what you are doing makes it all worth it.