Employment Tips:

## Would you quit your job if you won the lottery?

As the famous dictum goes, 'every man has a price,' and according to new research by Workopolis, that price may be smaller than you think. Almost one-third of Canadians would call it quits if they won less than a million dollars, according to a new poll by Canada's leading job site, Workopolis.com. The study also reveals that 10 per cent of Canadians would leave their jobs only if they won a jackpot of \$7 million or more.

So what's your price? Whether it's under a million or ten times as much, Workopolis president, Patrick Sullivan, offers the following tips for jackpot-winning employees:

1. Think first, act later: don't do anything rash. Decide whether the amount you've won is really enough to warrant quitting your job. \$500,000 or \$100,000 may seem like a lot, but how long will it last? Prepare for what's ahead - think beyond the first year and then decide if retirement really is in the cards for you.

2. Go easy on the showboating: if you plan to keep your job and just won a large sum, avoid flaunting your new-found riches. Some of your colleagues could begin to resent you.

3. Get some fun in the sun: take a few vacation days from your job to enjoy your

winnings. This will help you gather your thoughts, decide what you want to do next and come back to work with an open mind.

4. Keep those bridges from burning: if you've decided to leave your job, the last thing you want to do is leave your bosses with a sour taste in their mouths. End on a high note because you never know when you're going to bump into them again.

5. Adjustments may be on the menu: now that you're a big winner, sit down with your family to discuss your new lifestyle. Organize your goals and speak to a financial advisor to properly allocate your new wealth and decide whether or not an early retire-



ment is the best option for you.

6. Don't feel pressured: long lost friends, charities and even strangers may start contacting you so remember: it's your money and there's always an end in sight.

- News Canada

## Are you working hard or hardly working?

Not many of us are working nine to five anymore, and in fact, Canadians are working almost three hours more each week than our employers expect. Add that up and we're working an average of 145 extra hours each year. But do logging long hours qualify as 'hard working'? According to the Workopolis Hardest Working Canadians Study, 32 per cent of Canadians feel they're working too hard.

To find out how hard you work, ask yourself these questions and tabulate your score:

- 1. In regards to the requirements of your employer, how many hours do you typically work a week?
- Too many
- Just enough
- Less than required

2. How often would you say you work "too hard"?

- All the time
- 2 Almost all the time Occasionally
- Rarely
- 3. You know you're working too hard when you\_\_\_\_.
- 3 Lack balance
- Are not productive
- Start getting sick or ill
- Experience exhaustion or too much stress
- I don't work too hard

You may be working too hard (Score 8-9) Re-evaluate your current role and understand why you may be working too hard. Talk to your manager and outline the work

that's been causing you stress, why it is you feel you're working too hard, and offer some solutions to resolve the situation and lighten or modify your workload.

You're working at a comfortable level (Score 3-7)

If you're content with your level of work, make sure you're thinking ahead. While it seems easy to coast along in your job, eventually, you'll become bored, so look for opportunities to take on more work and consider other opportunities within or externally to see if there may be something better suited for you.

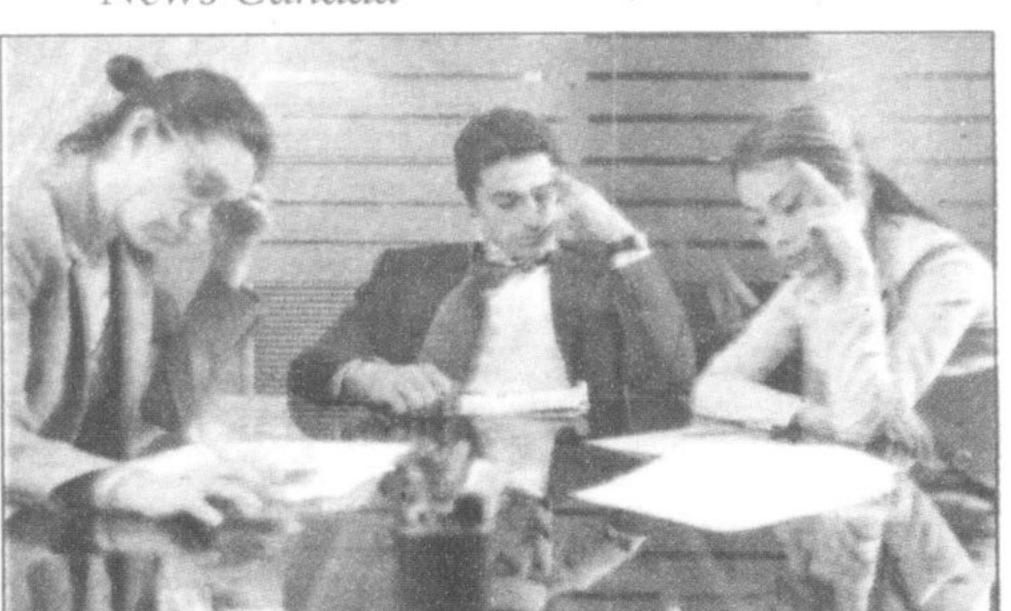
You may not be working hard enough (Score 1-2)

Evaluate what you're contributing to the team, how that may differ from others and

identify why you're not working hard enough. Is it lack of motivation? Are you bored? Whatever the answer, assess the situation and speak to your manager. Try to find the right level of challenge, motivation and work to keep you busy, content and developing new skills at work.

You can find more information and tips online at www.hardestworking.ca.

- News Canada







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Best wishes for a happy, healthy and prosperous New Year, to our readers, clients, family and friends.

> Dane Wolstenhame and the Canadian Champion production team.