



Meaning and purpose

Case study 2

Helen is an experienced FACEM. She has been working in one tertiary emergency for around 20 years. She has around 10 years left in her career.

She is finding that she no longer has the enthusiasm for work that she used to when she was younger. She finds the work frustrating and monotonous, and does not find it interesting.

During her commute to work one day, she wonders... why am I doing this again?

Question for discussion

1. What strategies could be used to maintain motivation throughout one's career?