



Ikigai in professional life is a crucial aspect of personal fulfillment and well-being at work. Finding your professional Ikigai means discovering an activity that combines passion, talent, usefulness, and remuneration. It's the convergence point between what you love doing, what you're good at, what the world needs, and what you can be paid for.

When you practice a profession in line with your Ikigai, you experience a profound sense of satisfaction and wholeness. You wake up each morning with enthusiasm, fueled by a sense of purpose and intrinsic motivation. Work is no longer a chore, but a source of joy and self-realization. You feel useful, competent, and recognized for your contribution.

Finding your professional Ikigai does not necessarily mean quitting everything to embark on a radical career change. It is more about identifying the aspects of your current job that resonate with your passions and talents, and cultivating them further. For example, an accountant passionate about education could propose to train new collaborators, or an engineer fervent about ecology could initiate sustainable development projects in his company.

Professional Ikigai is also a powerful driver of engagement and performance. When you feel aligned with your work, you are more creative, more resilient in the face of challenges, and more inclined to push beyond your limits. You develop a sense of belonging and loyalty to your organization, because you subscribe to its values and mission. You become a natural ambassador for your company, embodying its *raison d'être* on a daily basis.

Cultivating your Ikigai at work is also about taking care of your professional relationships. You seek to create authentic and benevolent connections with your colleagues, clients, and partners. You value collaboration, knowledge sharing, and the celebration of collective

successes. You become an inspiring leader who knows how to unite energies around a meaningful, common vision.

Finding your professional Ikigai is a personal journey that requires introspection, audacity, and perseverance. You need to dare to ask the right questions, explore new trails, and step out of your comfort zone. You also need to accept that the process takes time and that Ikigai can evolve over life experiences and stages.

Companies have a key role to play in promoting their employees' Ikigai. By creating fulfilling work environments, offering opportunities for personal and professional development, and encouraging autonomy and initiative, they enable everyone to unleash their full potential and find meaning in their activity.

Imagine a world where each person has found their professional Ikigai: fulfilled and committed individuals, high-performing and innovative organizations, a more harmonious and sustainable society. This is the transformative power of Ikigai at work, a crucial issue for individual and collective well-being in a changing world.

Key takeaways:

- Professional Ikigai is the convergence point between passion, talent, usefulness, and remuneration. It provides a feeling of satisfaction, wholeness, and meaning at work.
- Finding your Ikigai doesn't necessarily mean radically changing your job, but rather identifying and cultivating aspects of your work that resonate with your passions and talents.
- Ikigai is a driver of engagement, performance, and creativity. It strengthens the sense of belonging and loyalty towards the company.
- Cultivating your Ikigai involves taking care of your professional relationships, valuing collaboration, and becoming an inspiring leader.
- The quest for Ikigai is a personal journey that requires introspection, audacity, and perseverance. It can evolve with life experiences and stages.
- Companies have a key role in promoting their employees' Ikigai by creating fulfilling environments and offering opportunities for development.
- Professional Ikigai is a crucial issue for individual and collective well-being, contributing to fulfilled individuals, effective organizations, and a more harmonious society.