

Identity and Profession

1. Warm-up

Read the text and answer the questions.

Arthur Brooks discusses how identity politics are prevalent in society, with people often defining themselves by their political affiliations. In the business world, individuals also have their own identity politics, often seeing themselves as successful professionals. This can be problematic as it can overshadow more important aspects of their lives, such as being a father or husband.

Brooks suggests that defining oneself by professional success is an identity based on fear. Many people are afraid of failing at work, which can lead to unhealthy behaviors. He recommends thought exercises to help people confront their fears and accept the inevitability of change in their careers. This can lead to a more balanced and fulfilling life. At the end of the day, it's crucial to strike a balance between professional and personal identities. If we put all our eggs in one basket, we risk losing sight of what truly matters in life.

1. How do you define your identity, and what aspects of your life do you consider most important?
2. Why do you think people often base their identity on their professional success, and what are the potential consequences of this mindset?
3. In what ways can accepting the inevitability of change in one's career lead to a more fulfilling and peaceful life?

2. Video

Watch the video.

“Identity Crisis: Why Defining Yourself by Your Career Is a Problem”

https://www.youtube.com/watch?v=L5lsYI0Q8zw&ab_channel=HarvardBusinessReview

3. Vocabulary

Use each idiom twice.

to strike a balance/ defining oneself/ at the end of the day/ don't put all your eggs in one basket

1. **At the end of the day**, the success of the project depends on the team's effort and collaboration.
2. Many people struggle with **defining oneself** by their appearance rather than their character and actions.
3. It's essential **to strike a balance** between enjoying your hobbies and fulfilling your responsibilities.
4. When planning your budget, it's crucial **to strike a balance** between saving and spending on things you enjoy.
5. If you're passionate about both writing and painting, **don't put all your eggs in one basket** by focusing solely on one art form.
6. Your health, **at the end of the day**, is the most important thing you should take care of.
7. **Defining oneself** by their athletic achievements alone can be limiting.
8. Farmers shouldn't **put all their eggs in one basket** by planting only a single crop, as it risks their entire harvest.

Complete with correct words from the word bank.

WORD BANK (2x each): **identity politics, prevalent, affiliations, Inevitability**

In the bustling city, a young career woman named Emily found herself caught in the web of **identity politics**. As a rising star in her corporate job, she was constantly surrounded by discussions about professional **affiliations** and the labels that came with them. The **prevalent** culture in her office was one where success was defined solely by one's job title and achievements. This environment fed her fears and anxieties, as she felt her worth was only measured by her professional accomplishments. Emily's **identity politics** became tangled, with her career overshadowing other important aspects of her life.

As she navigated through her career, Emily couldn't escape the **inevitability** of change. She realized that her **affiliations** with her job were not enough to bring her true happiness and fulfillment. The **prevalent** idea that one's identity is solely based on professional success started to weigh heavily on her. She began to understand that the **inevitability** of career shifts and personal growth required a more balanced approach to life. Determined to redefine herself, Emily embarked on a journey to strike a balance between her work and personal life, seeking peace and contentment beyond her professional identity.



4. Pronunciation

Practice pronunciation using the dialogue.

Employee: These days, you can't get anywhere without having a big argument about **identity politics**. It's so **prevalent** in our society. I'm a Democrat, you're a Republican, and so on. But in the business world, we have our own identity politics, don't we?

Boss: Absolutely. People often **define themselves** by their professional **affiliations** and success. It's important, but it can overshadow other aspects of life.

Employee: Exactly. **At the end of the day**, I **don't** want to **put all my eggs in one basket** by **defining myself** solely by my job. I want to **strike a balance** between my career and personal life.

Boss: That's a wise approach. **Defining oneself** by professional success alone can lead to an identity based on fear. The **inevitability** of change in our careers means we need to be prepared for different phases of life.

5. Practice

Write your response or discuss.

At the end of the day:

- In what ways does reflecting on the bigger picture help us stay grounded and focused **at the end of the day**?

Strike a balance:

- What strategies can organizations implement to help employees **strike a balance** between work demands and personal well-being?

Don't put all your eggs in one basket:

- Why is it important to diversify investments and not **put all your eggs in one basket** in financial planning?

Defining oneself:

- How does **defining oneself** by external achievements, like career success or social status, affect one's self-esteem and mental health?



6. Review

Idiom Review

At the end of the day: Ultimately; when all things are considered.

Example: At the end of the day, your health is the most important thing you should take care of.

Strike a balance: To find a compromise or middle ground between two conflicting things.

Example: It's essential to strike a balance between work and personal life.

Put all your eggs in one basket: To risk everything on a single venture.

Example: We shouldn't put all our eggs in one basket when planning for the future; diversification is key.

Defining oneself: To identify or describe oneself in terms of a particular characteristic or quality.

Example: It's crucial to avoid defining oneself solely by their job title or professional success.

Vocabulary Review

Identity politics: Discussions and conflicts based on individuals' political or social identities (race, gender, religion, etc.).

Ex: Identity politics are becoming increasingly prevalent in elections, as candidates cater to specific demographic groups to gain support.

Ex: Many social movements today are driven by identity politics, advocating for the rights and recognition of marginalized communities.

Prevalent: Widespread or common in a particular area or among a particular group.

Ex: Flu season is approaching, and the virus is especially prevalent among children and the elderly.

Ex: The use of smartphones has become prevalent in modern society, with almost everyone owning a device.

Affiliations: Connections or associations with a particular organization or group.

Ex: The professor's affiliations with multiple prestigious universities boosted her credibility and influence in her field.

Ex: Employees often list their professional affiliations on their resumes to showcase their involvement in industry organizations.

Inevitability: The quality of being certain to happen; something that cannot be avoided.



Ex: The inevitability of climate change necessitates immediate and sustained action to mitigate its impact.

Ex: Many philosophers debate the inevitability of fate and whether our choices truly matter in the grand scheme of things.