

Job Promotions Unhealthy

Warm Up: Do you agree or disagree? Why?

1. I love my job!
2. I am an ambitious person.
3. I want to get a promotion at work.
4. Managers have the most stress at work.
5. Work stresses me out!

Vocabulary:

irrefutably - impossible to deny or disprove

loom - to appear or stand over someone in a threatening way

bouts - a short period of intense activity of a specified kind

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Ambition drives people at work to succeed, receive recognition, and eventually move up the chain of command. And with promotions and increased responsibilities also come dreams of new cars, bigger homes, more exotic vacations, and perhaps an earlier, more fulfilling retirement. Yet new research out of Britain irrefutably showed that promotions at work may actually harm the health of people.

Research indicated that the mental health of people worsened with a promotion. What's more, it wasn't a short-term deterioration but instead continued for the long term. Mental strain increased by an average of 10%. In addition, people were more likely to skip visits to the doctor, citing stress and a general lack of time that unexpectedly came with the new job. The research also showed that a promotion offered no health benefits whatsoever.

※テキスト全文はレッスン受講時に担当講師よりお受け取りください。