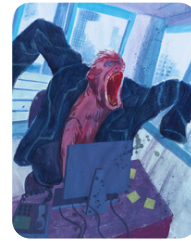


# What to do if your work feels pointless

Lots of us will experience work at some point in our career that feels unnecessary, difficult to justify or disconnected from real impact. It can feel frustrating and draining.

If you're stuck in this situation right now, and leaving isn't an option, there are still ways to create learning, build relationships and regain energy, usefulness and control.


[Quick read](#)
[Deeper dive](#)

## Five ideas for action if you're in this situation

### Frame the job as an experience, rather than your identity

Seeing your role as one experience in your career (and what it's teaching you), rather than a reflection of who you are, can help you stay curious, learn faster and avoid getting stuck in self-doubt.

### Do a sideways scan - find useful work from someone or somewhere else

Offering your capacity, or experience to different teams, leaders or projects can help you find more meaningful work, build relationships and stretch your strengths into new contexts.

### Get out of the office as much as you can

Try going to events, have curious career conversations, join new communities, or do some mentoring or volunteering. It can give you fresh perspectives, new ideas and remind you that your situation isn't permanent.

### Pitch a new position or opportunity for the business

Try creating a proposal for a new opportunity and put yourself in the position to do the job. Use examples from other organisations as inspiration and evidence to show what's possible.

### Use the time to learn new skills

If you have capacity, try learning useful skills that support future opportunities. This could look like starting a side-project, doing a skills sprint, or becoming the person who shares new ideas and learning with the team.

## Coach yourself

What's one thing I could do this week to feel more useful at work?

