



# Alex Wilkinson Mary Owen (UA92)

Navigating Meaningful Work  
Experiences: the Good, the Bad and  
the Ugly.



# ICEBREAKER ACTIVITY

Share a memory of your favourite or least favourite work experiences in pairs or as a table!

This could be a story of a challenging project, a successful collaboration, moment of resilience or a lesson learned from a mistake.

Why does this memory remain important to you?

# NAVIGATING MEANINGFUL WORK EXPERIENCES: THE GOOD

People don't just work for money; they work for purpose, connection, and a sense of accomplishment. In an age when job options are plentiful, companies that fail to offer meaningful work can find themselves losing talent to those that do.

**SCAN THE QR CODE**



**Word Cloud Activity**

**4857 1300**

[https://www.menti.com/alpo1feybt  
qu](https://www.menti.com/alpo1feybtqu)

# RESULTS

<https://www.mentimeter.com/app/presentation/alcedduertryhdc55yt1xe4e7yfo54o9>

# NAVIGATING MEANINGFUL WORK EXPERIENCES: THE GOOD

The Employer	The Employee
Encourages participation in CPD, training or qualifications	Seeks guidance and mentorship to enhance professional growth
Provides an opportunity to communicate ideas and input to meetings	Engages in team discussions providing fresh and new ideas
Assigns tasks that align with the intern's academic background	Takes ownership of assigned tasks and projects
Provides challenging and meaningful projects.	Demonstrates a proactive attitude in seeking additional responsibilities.
Regularly acknowledges and appreciates the intern's contributions.	Expresses gratitude for feedback and recognition.

# NAVIGATING MEANINGFUL WORK EXPERIENCES: THE BAD

“We are offering an unpaid placement to allow candidates to gain experience”

What aspects are important to understand when agreeing to unpaid work experiences?

- Who will be mentoring you to ensure safe practice?
- Will you receive training or CPD opportunities?
- Are your travel expenses covered?

# PRACTICAL ACTIVITY

The perspective of a student



The perspective of the employer



What would make this a meaningful experience or what could be improved?

## Sports Innovations Ltd.

Sports Innovations Ltd. is a dynamic and fast-growing company in the sports industry, specializing in innovative sports equipment and technology. They have decided to provide a university placement opportunity/ internship for 3-months, to a 20-year-old university student majoring in sports management. The goal is to provide a meaningful and educational work experience, while also benefiting from fresh perspectives and contributions.

The company is a new exciting tech start-up and is advertising the placement as being unpaid.

# PRACTICAL ACTIVITY

The perspective of a  
Employer



The perspective of the  
Student



## Performance Support Ltd.

Performance Innovations Ltd. is a large, structured and stable company in the sports industry, working to support the performance departments of the biggest teams in sport. They have decided to provide a university placement opportunity/ internship for 1-month full-time, to a 20-year-old university student majoring in sports management. The goal is to provide an educational work experience.

The company is advertising the placement as being paid.



# DISCUSSION: FEEDBACK

<b>Smaller Organisation</b>	<b>Larger Organisation</b>
Greater autonomy in decision-making, allowing for a hands-on role.	Mentoring and Guidance
Opportunities to lead and manage projects independently.	Exposure to advanced and modern sports facilities, equipment or tools
Recruitment and Talent Identification	Big Brand Recognition
Freedom to experiment with methods and strategies.	Exposure to a multidisciplinary approach and collaboration
The chance to work with athletes of varying skill levels and backgrounds.	Opportunity to network and meet with elite professionals
Direct impact on company development	Specialised training programs and certifications organised by the larger organization.
A sense of belonging and a closer connection with the company	Wider opportunity to find a role which suits your needs.
Involvement in various aspects of club operations beyond role, such as event management or community outreach.	



QUESTIONS?

Thank You!