

Contents

Introduction 1

PART ONE

Perspective 5

1 A history of work 7

The question of work–life balance 8

From early humans to the first disruptors 10

Revolution and the birth of modern jobs 13

From jobs to careers 18

2 The modern career landscape 25

Corporate culture 26

Startup culture 32

Influencer culture 38

Influencer culture: the good, the bad and the ugly 44

3 The future of work: AI and humanity 49

AI and general intelligence 49

What does this mean for me? 50

Logic and emotions 55

The golden age of work 59

4 The future of work: Time, transition and machines 63

Reimagining time 64

Transition architecture 67

Human–machine relations 71

PART TWO

Mindset 81

5 Knowing yourself 83

Personality type vs personality traits 84

Personality traits – OCEAN 84

What motivates you? 94

What does success mean to you? 94

6 Your place in the world 99

Circles and defining otherness 99

Our universe 101

Our planet 105

Economic equality 107

The winner-take-all economies 109

Your next step in finding your place in the world 114

PART THREE

(Human) skills 117

7 Emotional intelligence 119

Why is emotional intelligence so important? 120

Developing empathy 126

Self-control 131

EI and technology 135

8 Critical thinking 137

Why critical thinking matters to our careers 138

Knowing what we don't know 140

Foundations of good decision making 143

When critical thinking and attention to detail
aren't there 144

Common biases	146
Thinking critically about the probability of your success	155
9 Contextual creativity	159
What is contextual creativity?	159
Text vs context	160
The subjectivity of context	161
Narrow creativity	162
How to apply contextual creativity to your career	166
10 Mindfulness	171
What is mindfulness?	171
The purpose of mindfulness	173
Three modes of mindfulness	173
Practising mindfulness	179
11 Bringing it all together	183
Decide what success means to you	184
Don't discard history, and pay attention to context	185
Choose your work culture	186
Make friends with AI and its human side	186
<i>Index</i>	189