

## Millennials in the workplace – Part 1 - By Simon Sinek

(1:12 - 1:49) - Millennials somehow share four characteristics: parenting, technology, impatience and the fourth is \_\_\_\_\_. The generation that we call the Millennials grew up subject to failed parenting strategies. For example, they were told that they were \_\_\_\_\_ all the time, they were told that they could have anything they wanted in life, just because they wanted it. Some of them got into honours classes not because they deserved it, but because their parents \_\_\_\_\_.

(2:12 – 2:23) – So you take this group of people and they graduate school and they get a job and turn it into the real world and in an instant they find out they're not \_\_\_\_\_, their moms can't get them a \_\_\_\_\_ and that you get nothing for coming in last.

(2:26 – 2:33) - In an instant the entire self-image is shattered and so you have an entire generation that's growing up with lower \_\_\_\_\_ than previous generations.

(3:14 – 3:24) - Now let's add in technology. We know that engagement with \_\_\_\_\_ and our cell phones releases a chemical called dopamine, that's why when you get a text it feels good.

(3:57 – 4:18) Dopamine is the exact same chemical that makes us feel good when we smoke, when we \_\_\_\_\_ and when we gamble. In other words it's highly, highly \_\_\_\_\_. We have age restrictions on smoking, gambling and alcohol and we have no age restrictions on social media and cell phones.

During adolescence we seek the approval of our peers, which might be frustrating.

(5:02 – 5:30) - It's a highly, highly \_\_\_\_\_ and anxious period of our lives and we're supposed to learn to rely on our friends. Some people quite by accident discover alcohol and the numbing effects of dopamine to help them **cope with** the stresses and anxieties of \_\_\_\_\_. Unfortunately, that becomes hardwired in their brains and for the rest of their lives when they suffer significant stress they will not turn to a person they will turn to the \_\_\_\_\_.

