

La vie SenSationnelle – The value of using a collaborative game in career guidance: the example of an original game design

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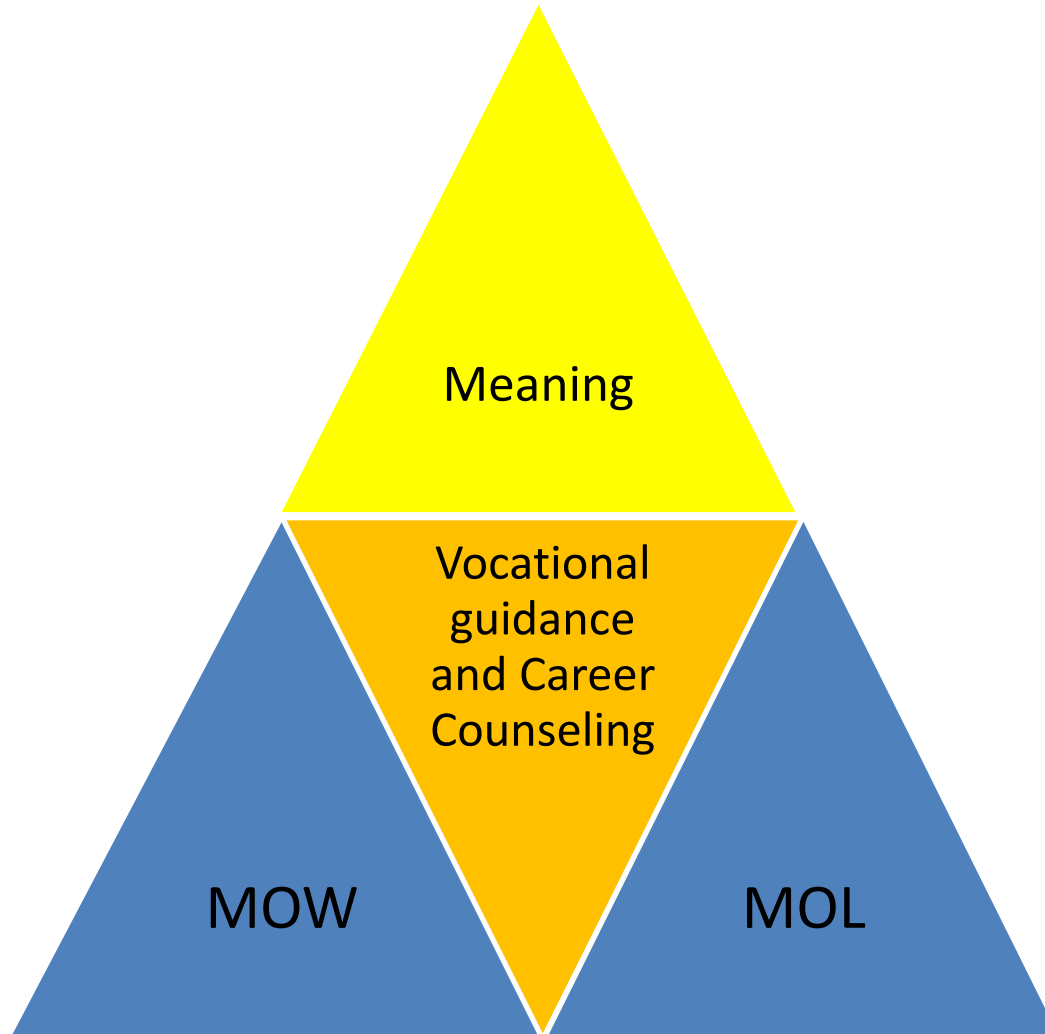
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Summary

- 1. Introduction: presentation of the framework**
- 2. Place of Meaning in current career issues**
- 3. How did the idea for the collaborative game “La Vie SenSationnelle” come about?**
- 4. Understanding the meaning of work and the meaning of life.**
- 5. Why questioning MOW and MOL through a game?**
- 6. Who is the game aimed at?**
- 7. The board game: presentation**
- 8. Discussion**

1. Presentation of the framework

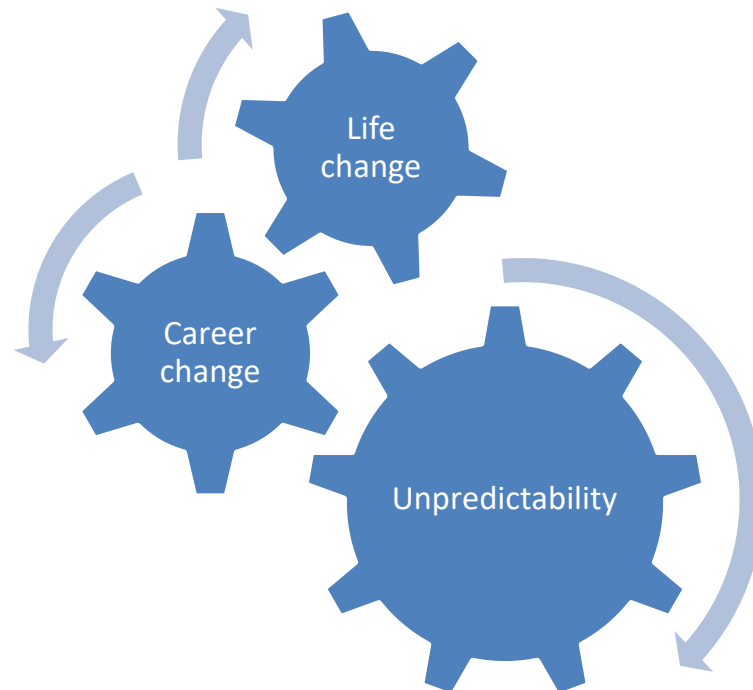
The research framework:
Meaning and vocational guidance/career counseling



2. Place of meaning in current career and life issues

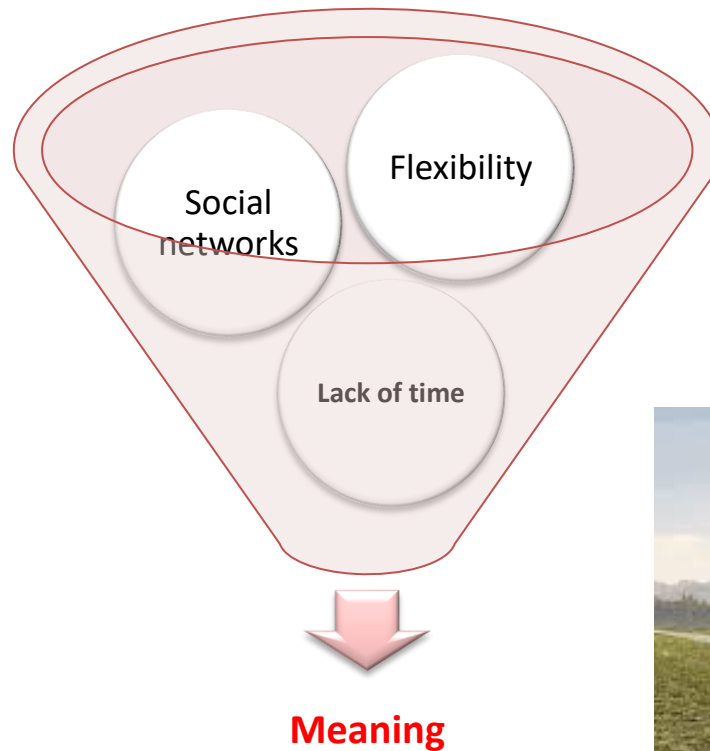
**In the current complex and unpredictable socioeconomic context,
Some crucial questions emerge**

- The place of work in the future (Rifkin, 2014)
- The meaning of work in our lives (Crawford, 2009)
- How to find meaning in our existence (Bernaud, Lhotellier, Arnoux-Nicolas, & Pelayo, 2015)
- The professional careers are characterized by many changes and breaks (Savickas & Pouyaud, 2016)



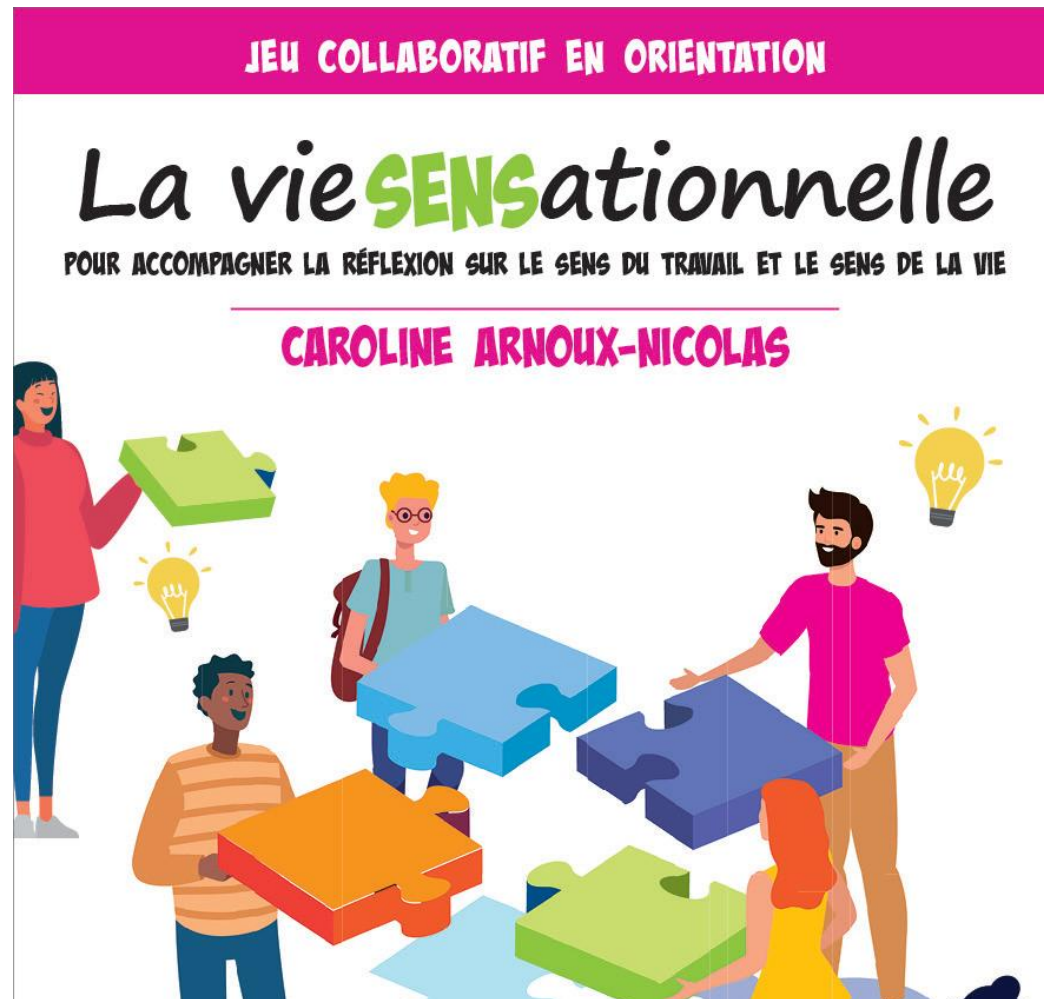
2. Place of meaning in current career issues

The issue of meaning in the professional paths



Importance of the loss of meaning and the search for meaning

3. How did the idea for the collaborative game La Vie SenSationnelle come about?



Arnoux-Nicolas, 2022

4. Understanding MOW MOL

Defining MOW

- **A subjective perception and a personal signification** (Rosso et al., 2010)
- **Working contribute to meaning of life** (Steger et al., 2012)
- **Experience of balance and serenity** (Morin, 2006)
- **Meaning of work is related to lifecontent** (Frankl, 1969)
- **Various models to operationalize and assess MOW** (Rosso et al., 2010 ; Steger et al., 2012 ; Morin, 2008 ; Arnoux-Nicolas et al., 2017)
- **Sources of the meaning of work:** others, the self, the work context, and spiritual life (Rosso et al., 2010)



2. Meaning in the workplace

Different spheres



(Arnoux-Nicolas, 2025)

4. Understanding MOW, MOL

Defining MOL

- The meaning of life can be defined as "a theoretical concept that denotes a reflection on, and/or ways of living, contexts of meaning in relation to human life in general, to one's own life, or parts of it" (Auhagen, 2000, p. 38).
- Frankl (2009) emphasizes both the universality of the meaning of life as a fundamental human need and its very strong inter-individual variability.
- Authors have highlighted two dimensions of the construct, the presence of meaning, which corresponds to the level of meaning found, and the search for meaning in reference to the steps taken to try to find meaning (Steger et al., 2006).

4. Understanding MOW, MOL

Different models

- **Sources of meaning** (Schnell & Becker, 2006). Schnell (2009, 2011) has identified 26 sources of meaning in relation to four dimensions: 1) Self-transcendence (defining goals beyond one's own needs), 2) Self-actualisation (using or challenging one's own abilities), 3) Order (holding to one's own values), 4) Personal and collective well-being (cultivating hedonistic happiness).
- Family (36%), interpersonal relationships (14%), personal life (10%) and finally work (9%) as sources of meaning in order of importance (Grounden & Jose, 2014)

4. Understanding MOW, MOL

A study: the role of life-events in the meaning-making process (Arnoux-Nicolas, 2018)

An overview

▪Expected goals

- To examine the links between the MIL's components and the life events through experiential indicators

▪Targets

- A sample of 117 adults

▪Proceedings

- A quantitative study based on an online questionnaire

5. Why questioning MOW and MOL through a game?

- The game has been suggested as a useful metaphor to promote a sense of meaning and resilience in career trajectory and disabling transitions (Rochat, 2019).
- Life and career can thus be conceptualized as games which outcomes depend more on the way we play than on the initial settings.
- The game is a specific, intrinsically pleasurable and rewarding activity, governed by rules and subject to uncertainty, in which the individual engages voluntarily (Hoppes et al., 2001).
- The game is not only an activity, but also a state of mind (Winnicott, 1975).
- Researchers have shown how play, as an activity and as a metaphor for dealing with reality, can help people to find meaning in their lives and to experience greater happiness (Rochat & Arnoux-Nicolas, 2022)

6. Who is the game aimed at?

The game is aimed at :

- **Adults in employment and/or undergoing a career change,**
- **Adults looking for work,**
- **Students,**
- **Apprentices,**
- **Secondary school pupils**

7. The board game



RÈGLES DU JEU

La vie **SENS**ationnelle

NOMBRE CONSEILLÉ DE JOUEURS : 4 OU 5

DURÉE : DE 45 MIN À 1H (MINIMUM)

DÉBUT DE PARTIE

- 10 jetons de « conseil » sont donnés à chaque joueur(se) par l'animateur(trice).
- Chaque joueur(se) lance un dé à tour de rôle.

7. The board game

The board game layout consists of a central square board with a white background. The board is surrounded by a border of colored squares. The top border squares are: purple (ROUTINE), orange (VIE PRIVÉE), blue (TRAVAIL), orange (VIE PRIVÉE), green (SOLIDARITÉ), blue (TRAVAIL), orange (VIE PRIVÉE), and red (BURN-OUT). The bottom border squares are: purple (PERTE DE SENS), orange (VIE PRIVÉE), blue (TRAVAIL), orange (VIE PRIVÉE), green (SOLIDARITÉ), blue (TRAVAIL), orange (VIE PRIVÉE), and yellow (DÉPART PLEIN DE SENS). The left and right borders are composed of alternating blue (TRAVAIL) and orange (VIE PRIVÉE) squares. The central area contains the title "La vie SENSationnelle" in a stylized font, with "SENS" in green. Below the title is an illustration of five diverse people. Above the title are two interlocking puzzle pieces, one green and one orange. To the right of the board are three sets of cards: "CARTES TRAVAIL" (blue), "CARTES VIE PRIVÉE" (orange), and "CARTES SOLIDARITÉ" (green). Each card set includes a white circular icon. The logo "La vie SENSationnelle" is on the left side of the board. The logo "Editions Qui Plus Est" is in the top right corner. The copyright notice "© Editions Qui Plus Est 2022 - www.editionsquiplustest.com" is in the bottom right corner.

7. The board game

La vie **SEN**sationnelle



TRAVAIL > ADULTES

> EN EMPLOI

Editions **Qui Plus Est**

8. Reflections?



- **Discussion**
- **Perspectives**

