

Scott Schieman

The sociologist rewriting what work means.

THE FUTURE OF WORK · MEANING & PURPOSE AT WORK · WORKPLACE WELLBEING · STRESS & STATUS · CULTURE & IDENTITY · EMPLOYEE ENGAGEMENT

THE PITCH

Professor of Sociology, University of Toronto · Lead Investigator, WorkHealthLab · Author of I Want M.O.R.E.

FULL BIO

For more than two decades, Scott Schieman has been asking one of the most important questions facing organizations today: What role should work play in a meaningful life?

A Professor of Sociology at the University of Toronto and former Canada Research Chair, Scott is the Lead Investigator of the WorkHealthLab (workhealthlab.ca) — a team of social scientists studying how work, stress, and health shape our lives. His research has surveyed more than 55,000 workers across Canada, the United States, and South Korea, and has been supported by more than \$5.5 million in research funding.

His groundbreaking work on the "Stress of Higher Status" was recognized by TIME magazine as one of the "10 Ideas Changing Your Life," and his research has been featured by The New York Times, Bloomberg, The Globe and Mail, CBC, Toronto Star, and other leading media outlets.

Scott is also the author of I Want M.O.R.E.: Why Your Job Still Matters, a timely and thought-provoking book that challenges one of today's most common assumptions: that work is simply a paycheck. Drawing on decades of research, he makes a compelling case that our work remains one of the most powerful forces shaping who we become, how we connect with others, and the impact we leave behind.

At a time when organizations are redefining leadership, culture, engagement, and the future of work, Scott helps audiences rethink not only how they work — but why their work matters in the first place.

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I Want M.O.R.E.: Why Your Job Still Matters

For years, we've been told that work is changing. Remote work. AI. Automation. Four-day workweeks. Quiet quitting. Burnout.

But amid all the conversations about how work is changing, we've spent far less time asking a more important question: Why does work matter in the first place?

Drawing on more than two decades of research involving over 55,000 workers, Professor Scott Schieman challenges one of today's most common assumptions — that work is simply a means to a paycheck. Instead, he reveals how work continues to shape our identity, purpose, relationships, confidence, well-being, and sense of belonging.

In this thought-provoking keynote, Scott introduces his M.O.R.E. framework — an evidence-based model that explores the four dimensions people need to thrive at work: Mooring, Opening, Relating, and Exceeding. More than a framework for employee engagement, M.O.R.E. offers leaders a practical lens for building stronger cultures, helping people find greater meaning in their work, and creating workplaces where individuals and organizations perform at their best.

As organizations navigate AI, evolving employee expectations, and the future of work, one thing has become increasingly clear: technology will continue to transform what we do, but purpose will always shape why we do it.

This keynote gives leaders and teams the tools to build both.

BOOK THIS SPEAKER

To check availability, request a hold, or confirm a date for **Scott Schieman**, email either of the following:

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Full digital profile, video reel, and additional press-kit assets: spokenartists.com/speakers/scott-schieman