

A new working concepts. Be prepared.

Concepts as workplace and worktime are challenged by the digital era. Our digital devices are us but separate. Organizational policies create a base, nevertheless we all have a choice how we handle a flexible work life and our digital devices. And the intention of these choices should be clear and discussed for each individual. That will create possibilities.

You can choose if you want the inspirational angel or more educating for managers and HR.

Nevertheless, I often aim to open up for individual reflection, a feeling of possibilities and give tips to choose from. Interesting and funny stories, science and short interaction/discussions between the listeners are blended in.

Digital choices

- A new paradigm; what is work life and work place today?
- The importance of mental recovery and focus
- The digital world and reality are often present at the same time; e.g. during meetings
- Healthy and less healthy structures around us
- Choices that give us energy or take energy from us
- Within "the digital"; easy emails – those triggering e.g. stress, inspiration – irritation
- How does it affect you? What is important right now? Does this contribute in a positive way?

Self-knowledge

- About attitudes and approaches; performance, outer and inner demands
- Triggers; feelings and performance
- Different personalities and ways to integrate flexible work and private life; integrators & separators
- What creates opportunities and what limits? Examples.
- Self-knowledge – some examples from managers and a model for greater awareness
- Insight – intention of utilization

Act

- Define what works for you.
- Different needs; roles and position at work
- Framework, Dialogue and information – for the team and the individuals
- Ways of limit and define the use of digital devices
- Take action and bring forward the possibilities
- Last 10-15 min; A bunch of examples and concrete tips how to limit device time and create space for recovery

Speaker

Fredrik Grythberg, Master in Public Health from "Karolinska Institutet", has 15 years of experience in working with well-being and work environment, e.g. as a health developer in occupational health care. He has, among other things, created Swedbank's health day, still held after 10 years, health certification and new work concepts for healthcare. He is certified in Motivational Interviewing, has great knowledge in Mindfulness (learned from Monks in Buddhist Monasteries), First Aid in Mental Illness, Norm Criticism and Alcohol Counselling. Today, he runs his own company as "Executive Well-being Mentor" and as a lecturer.