

Finnish Presidency in the Nordic Council of Ministers

## Conference on the Psychosocial Working Environment

– Effective Approaches to Improve the Psychosocial Work Environment and Enhance Employees' Well-Being

September 11, 2025, Helsinki Finland

Scandic Marina Congress Center, Katajanokanlaituri 6

### Mingle event

The conference will kick off with a Mingle event on **September 10 at 18.00** at Scandic Marina Congress Center, with food and refreshments. (Please ensure you registered for the Mingle when signing up for the conference.)

Thursday 11.9.2025  
(In-person only conference)

08.30– 09.00 Registration and light breakfast

*Theme 1: Psychosocial Work Environment and Employees' Well-Being*

09.00– 09.05 **Welcome and practical matters**

Moderator Sanna Kulmala: WORK2030 Programme Director, Finnish Institute of Occupational Health

09.05– 09.20 **Opening words**

Sanni Grahn-Laasonen, Minister of Social Security

09.20– 10.20 **Associations between work environment and employee well-being**

Mika Kivimäki, Professor of Epidemiology, Brain Sciences, University College London, UK and Clinicum, University of Helsinki, Finland

10.20–10.40 **Reflections & Key Takeaways** (Table Discussion)

10.40– 11.00 Coffee break

11.00– 11.30 **Observations of OSH enforcement and management of the psychosocial working environment**

Annika Nyman-Koskinen, Inspector, Occupational Safety and Health Administration

11.30– 12.00      **Mental health matters: Building a resilient workforce in the Baltic Sea Region**  
Project Manager, Saara Rissanen, NDPHS Secretariat

12.00– 13.00      Lunch break

*Theme 2: Developing a Healthy and Safe Psychosocial Work Environment*

13.00– 14.00      **Workplace interventions: How effective are organisational interventions?**  
Reiner Rugulies, Professor of Psychosocial Work Environment and Health, National  
Research Centre for the Working Environment, Copenhagen, Denmark

14.00–15.15      **Coffee served with examples: Effective interventions and good practices at workplaces**  
**Introductory:** Obstacles to effective measures  
Magnus Åkerström, Associate Professor, Institute of Stress Medicine (ISM), Region Västra  
Götaland, Sweden  
  
**Examples**

15.15–15.30      **Summary and closing of the conference**  
Director Liisa Hakala, Ministry of Social Affairs and Health  
Director General Raimo Antila, Ministry of Social Affairs and Health