NIVA Education

Healthy Work: The Goldilocks Framework

5th – 7th of April 2027

Konventum, Helsingør, Denmark

Monday 05.04.2027		
12.00–12.15	Course registration	
12.15–13.15	*Lunch*	
13.15–13.30	NIVA welcome and general information	**Nathalie Räihä, NIVA**
13.30–14.15	***Lecture – the Goldilocks Work Paradigm***	**Jennie Jackson, Sven Erik Mathiassen, Leon Straker, Andreas Holtermann**
14.15–14.20	*Short break*	
14.20–15.05	***Lecture – Healthy work – the GW take***	**Emil Sundstrup, Fredrik Klæboe Lohne**
15.05–15.30	*Coffee break*	
15.30–16.15	***Case study***	**All**
18.30–	*Dinner at the hotel*	
Tuesday 06.04.2027		
9.00 – 9.45	**How can we design health promoting work?**	**Trine Fuhr Nielsen, Fredrik Klæboe Lohne, Emil Sundstru, Jennie Jackson**
9.45 – 10.30	**Examples and experiences in doing Goldilocks Work**	**Gemma Ryde, Suzanne Merkus, Emil Sundstrup, Jennie Jackson, working life partners (by link)**
10.30–11.00	*Coffee break*	
11.00–11.45	**Group Work**	**All**
11.45–12.30	**Group Work**	**All**
12.30–13.30	*Lunch*	

13.30–15.00	**Key Goldilocks Work Framework elements** ('just right' and beyond)	**Suzanne Merkus, Fredrik Klæboe Lohne, Sven Erik Mathiassen**
15.00–15.30	*Coffee break*	
15.30–16.15	Group work, discussion and reflections on today's topics	**All**
17.30–	*Social program and dinner*	

Wednesday, 07.04.2027		
9.00–10.30	**Discussion of Group Work**	**All**
10.30–11.00	*Coffee break*	
11.00–11.45	**Goldilocks Work – next steps**	**Suzanne Merkus, Gemma Ryde, Emil Sundstrup, Jennie Jackson**
11.45–12.30	Discussion and reflections. Closing of the course	**Suzanne Merkus, Gemma Ryde, Emil Sundstrup, Jennie Jackson**
12.30–13.30	*Lunch*	