

Better Health by Work – The Goldilocks Principle

Online webinar: 3rd to 5th May 2022

All times in CET

Online webinar – Tuesday May 3rd 2022

09.00 – 09.10	Welcome and general information	Erika Grönlund
Block I – Background and introduction to Better Health by Work		
09.10 – 09.45	Introduction to course Why do we need a new approach to get better health by work?	Andreas Holtermann
09.45 – 09.50	<i>Break</i>	
Block II – What is healthy work?		
09.50 – 10.15	What is healthy work?	Leon Straker
10.15 – 10.45	Physically healthy work	Svend Erik Mathiassen
10.45 – 10.50	<i>Break</i>	
10.50 – 11.20	Psychosocially healthy work	Gunnar Bergström
11.20 – 11.50	Plenum Discussions	Andreas Holtermann
11.50 – 12.00	Closing remarks	Leon Straker

Online webinar – Wednesday May 4th 2022

09.00 – 09.05	Welcome and general information	Erika Grönlund
09.05 – 09.35	Goldilocks interventions Opportunities & Challenges	Anders Lerche
Block I – Goldilocks interventions - Childcare & Rail		
09.35 – 10.00	Childcare	Kathrine Schmidt
10.00 – 10.10	<i>Break</i>	

10.10 – 10.30	Rail	Steph Chappel
10.30 – 10.50	Plenum Discussions	Leon Straker
10.50 – 11.00	<i>Break</i>	
Block II –Goldilocks interventions - Eldercare		
11.00 – 11.20	Eldercare Trondheim, Norway	Fredrik Lohne
11.20 – 11.40	Eldercare Copenhagen, Denmark	Maja Vilhelmsen
11.40 – 11.55	Plenum Discussions	Andreas Holtermann
11.55 – 12.00	Closing remarks	Svend Erik Mathiassen

Online webinar – Thursday May 5th 2022

09.00 – 09.05	Welcome and general information	Erika Grönlund
Block I – Goldilocks interventions – Industrial work		
09.05 – 09.35	Biotech work	Anders Lerche
09.35 – 10.05	Laundry work	Jennie Jackson
10.05 – 10.15	<i>Break</i>	
10.15 – 10.45	Plenum Discussions	Andreas Holtermann
Block II – From Research 2 Practice		
10.45 – 11.10	How can Goldilocks Work be practiced? Breakout room	Skender Redzovic
11.10 – 11.20	<i>Break</i>	
11.20 – 11.40	How can Goldilocks Work be practiced? Plenum session	Marius Fimland & Leon Straker
11.40 – 11.55	Q&A's - Open dialogue – Plenum session	Svend Erik Mathiassen
11.55 – 12.00	Summary & Closing remarks	Erika Grönlund & Andreas Holtermann