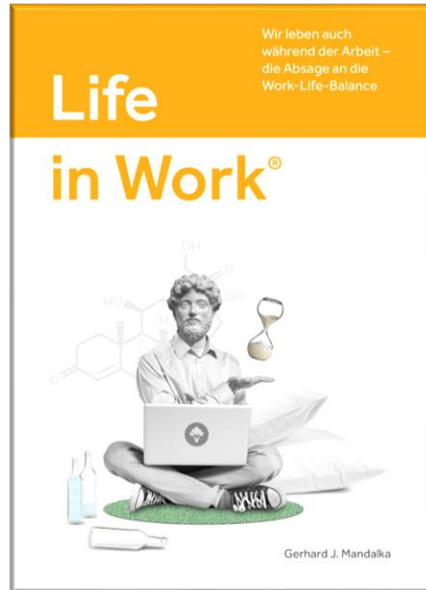


Life in Work[®]

a NO to
Work Life Balance



Gerhard Joachim Mandalka

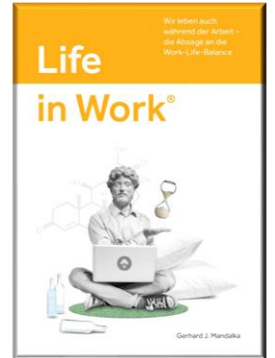
Prevention & Health Psychology (M.Sc.)

Business psychologist (B.A.) (work and organizational psychology)

Study of business mathematics

- Entrepreneur (health center) for 25 years
- World recorder
- author
- Father

Which makes me think

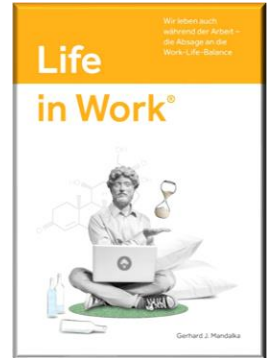


➔ We find health everywhere on the **posters** and **slogans**
but not in everyday ACTION!

We ALL don't care about health!

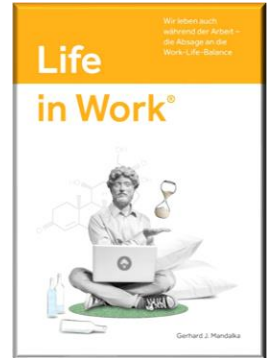
➔ We still confuse truth with frequency of reporting.

Where there are contradictions for me



- ➔ We rely on voluntary action when it comes to prevention.
- ➔ We want transparency, honesty and tolerance in companies but shy away from openness when it comes to data (facts)!

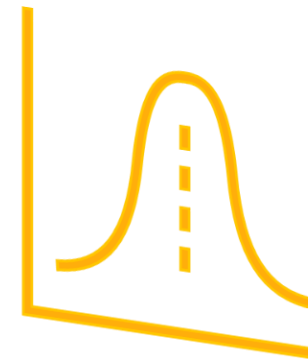
Why do we deny our genetic code?



Even though every person is unique, our systems work at least 80 percent the same! We are unique and comparable!

➔ Our behavior is dominated by energy efficiency and attractiveness.

- Emotions make decisions
- Our sensory system determines our perception and our actions
- Social loafing is normal
- Low stress levels used to make survival easier
- we want to recognize and compare the effects of our trade



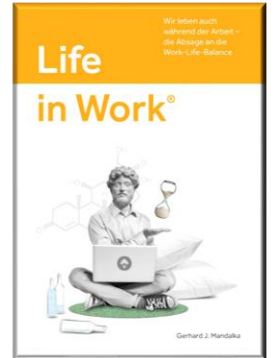
When are we in balance?

➔ Work-life balance:

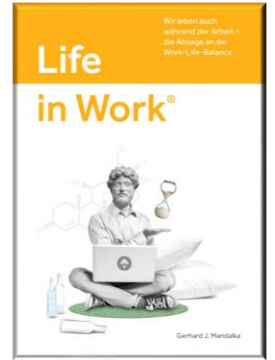
When is WORK and LIFE in balance?

What if we want professional success?

What if we want to have a lot of free time?

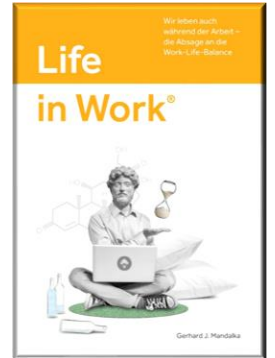


Life in Work[®] means



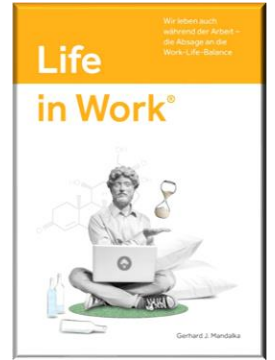
- ➔ Using our genetic code for a better future.
- ➔ We only have one life and all experiences always flow together!
- ➔ Accept energy efficiency and attractiveness and look for sustainable solutions, even if we don't like them at first.

Life in Work[®]: End with health goals



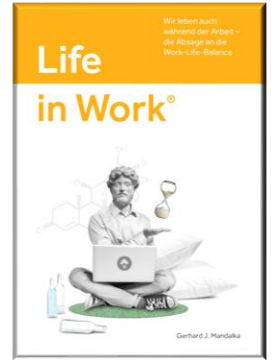
- ➔ We go to the doctor when our performance and/or well-being (pain and discomfort) decreases in a worrying way.
- ➔ We can neither perceive health (no sensor), nor measure it, nor can we clearly evaluate it!

Life in Work[®] is perspective change



- ➔ When taken, medications reduce the symptoms of the disease, **but system performance remains poor.**
- ➔ Every illness increases the stress for the same level of strain, **which is why the employer must be aware of the illnesses!**

Life in Work[®] is perspective change

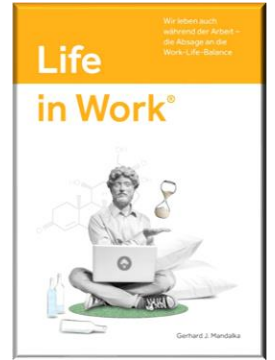


➔ Focus on **performance and well-being**

The intrapersonal comparison of **performance and well-being data** can ensure lasting positive development and better health.

Penalty: This perspective ensures transparency, openness and hands responsibility to EACH of us!

Skills \neq Resources



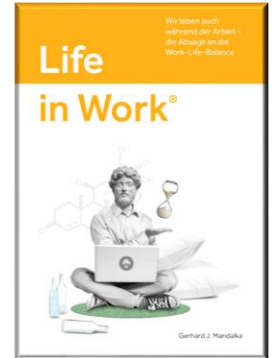
? Do you know the difference between skills and resources?

Human resources would need values like

- time resources (**private and professional**)
- IQ – **Oxygen supply to the brain**
- Performance – **metabolic restrictions**
- Openness and transparency **of data**



Excellence & Resilience



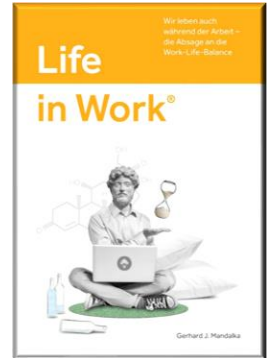
- needs targeted periods of strains
- needs targeted recovery periods
- needs focus
- need physical and cognitive “basic resources”

- have a limited shelf life

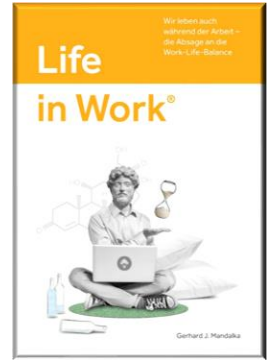
➔ Changes DAILY

Harmony leads to DEGRADATION

- ➔ Our body lives from polarities (diffusion, osmosis, tension)
- ➔ We primarily take differences not as states.
- ➔ There are only two processes in the body: construction and breakdown!



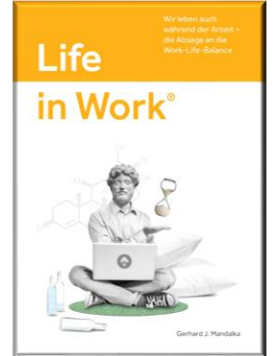
From around 30, our bodies change rapidly



- **anabolic** processes are reduced
- **catabolic** processes are becoming increasingly important
- **Cells have to last longer and longer** (instead of 2 days now 3 months)

Anyone over 40 loses when comparing their performance (physically and mentally) **against a comparable person under 30** **anabolic**

With over 60 top performance is possible if

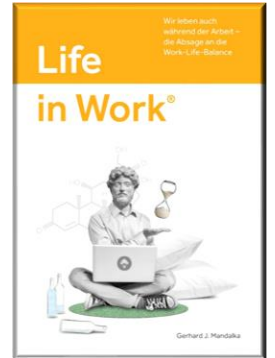


- we train cardiovascular system 2 – 3 times for 45 minutes (in the aerobic range)
- we ensure good muscles (myokines are important for organs)
- we ensure a good oxygen supply to the body (blood circulation)

Brain

- we need to provide strong cognitive stimuli
- Sport increases the lifespan of brain cells, cognitive stimuli ensure the reduction of age and the formation of new cells (in the hippocampus) and structures (cognitive plasticity).

Building the basic resources with Life in Work®



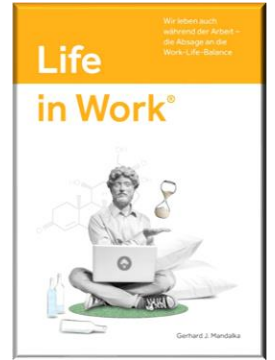
- **regular active breaks** – part of the employment contract
 - **Active breaks** (twice a day in addition to normal breaks)
 - Reduce workload quickly
 - Increase well-being
 - Increase basic performance

- **Cardiovascular and muscle training** - part of the commitment

I keep hearing: “I know when I need breaks!”

Where performance is measured, the knowledge is completely different!

If we continue like this

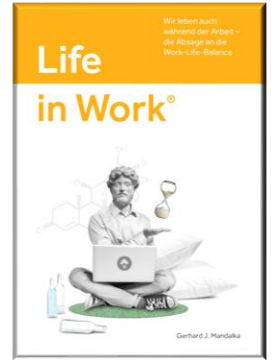


Let's focus more and more on symptoms

- ➔ chronic illnesses become normal
- ➔ we lose talent and performance
- ➔ We are dividing the world of work and with it society!



Life in Work®



- ➔ We accept performance and well-being are important for a fulfilling life
- ➔ Creates transparency and openness
Tolerance and a new sense of community
- ➔ **A life of learning, activities (job) and enjoy permanently!**

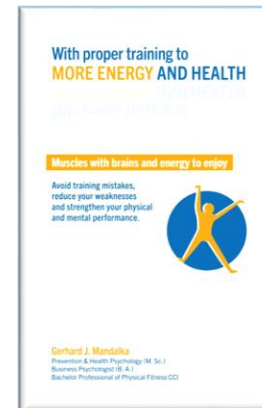
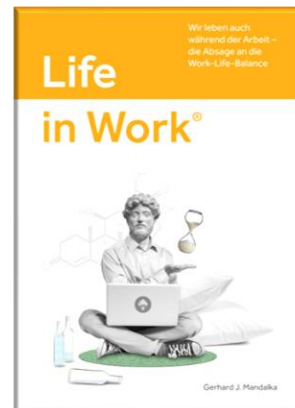


Thank you for your attention

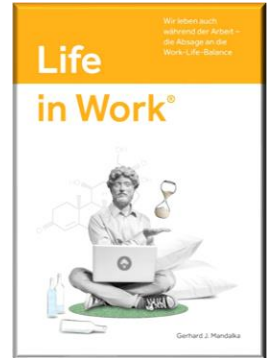
Discover more about Life in Work[®]

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Literatur zum Nachlesen



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