

How to fill the need for creativity and innovation in organizations?

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Trends

More demanding clients and citizens

Worldwide competition

Increased life expectancy

Limited economical growth

Organisation
innovate and
reduce costs



Child & parent care
Working longer

Organisations
innovate and
reduce costs

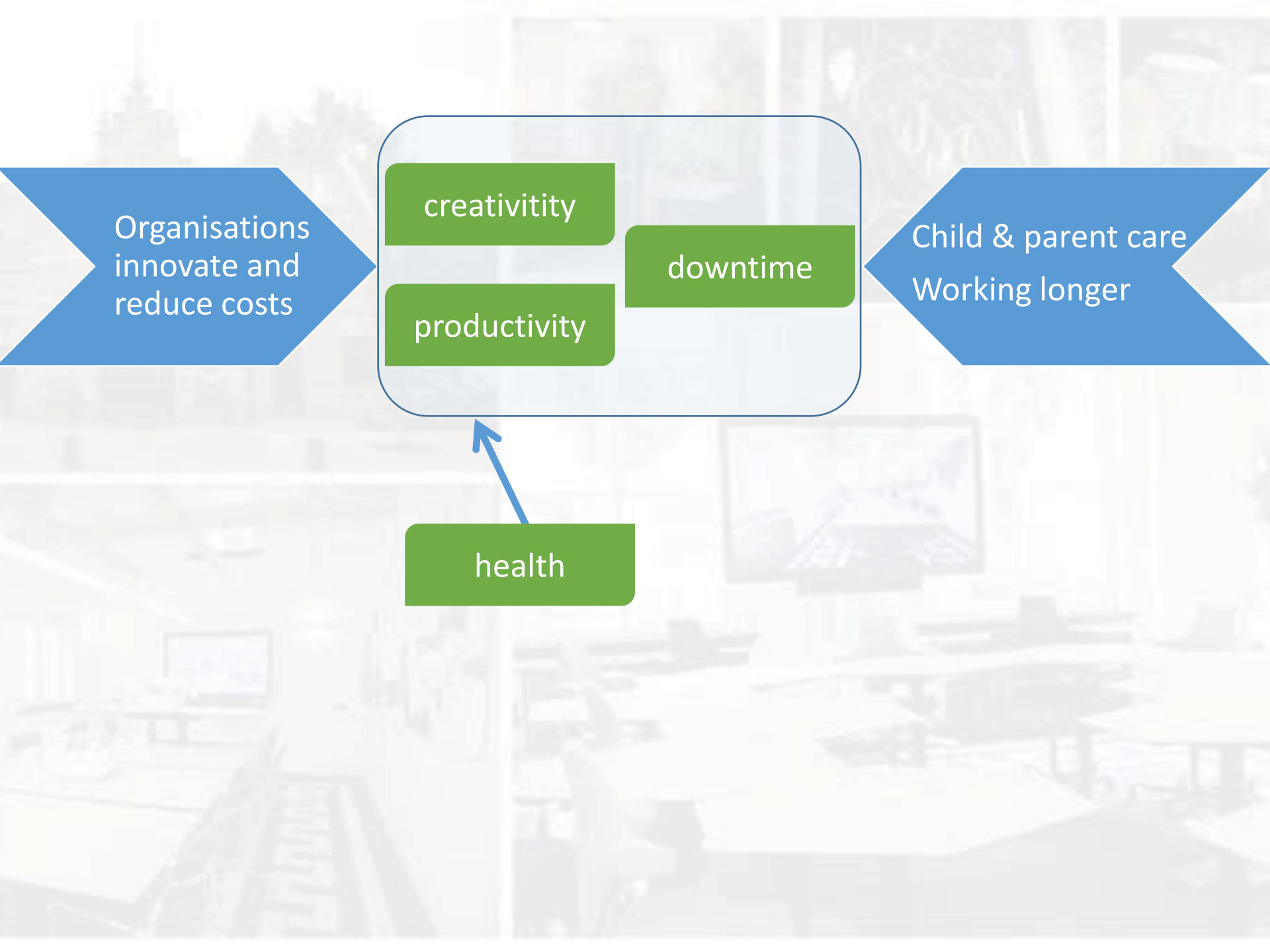
creativity

productivity

downtime

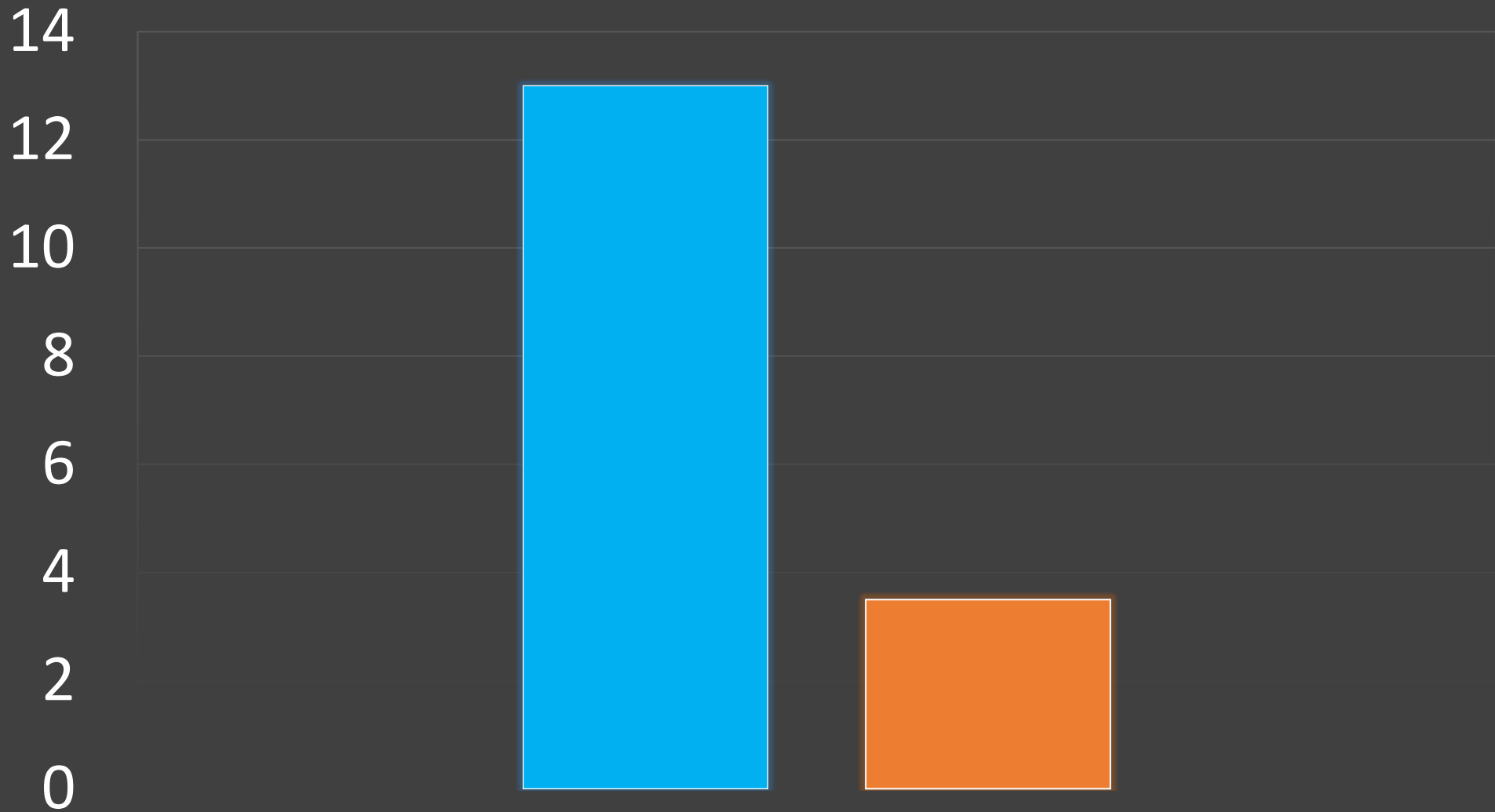
Child & parent care
Working longer

health

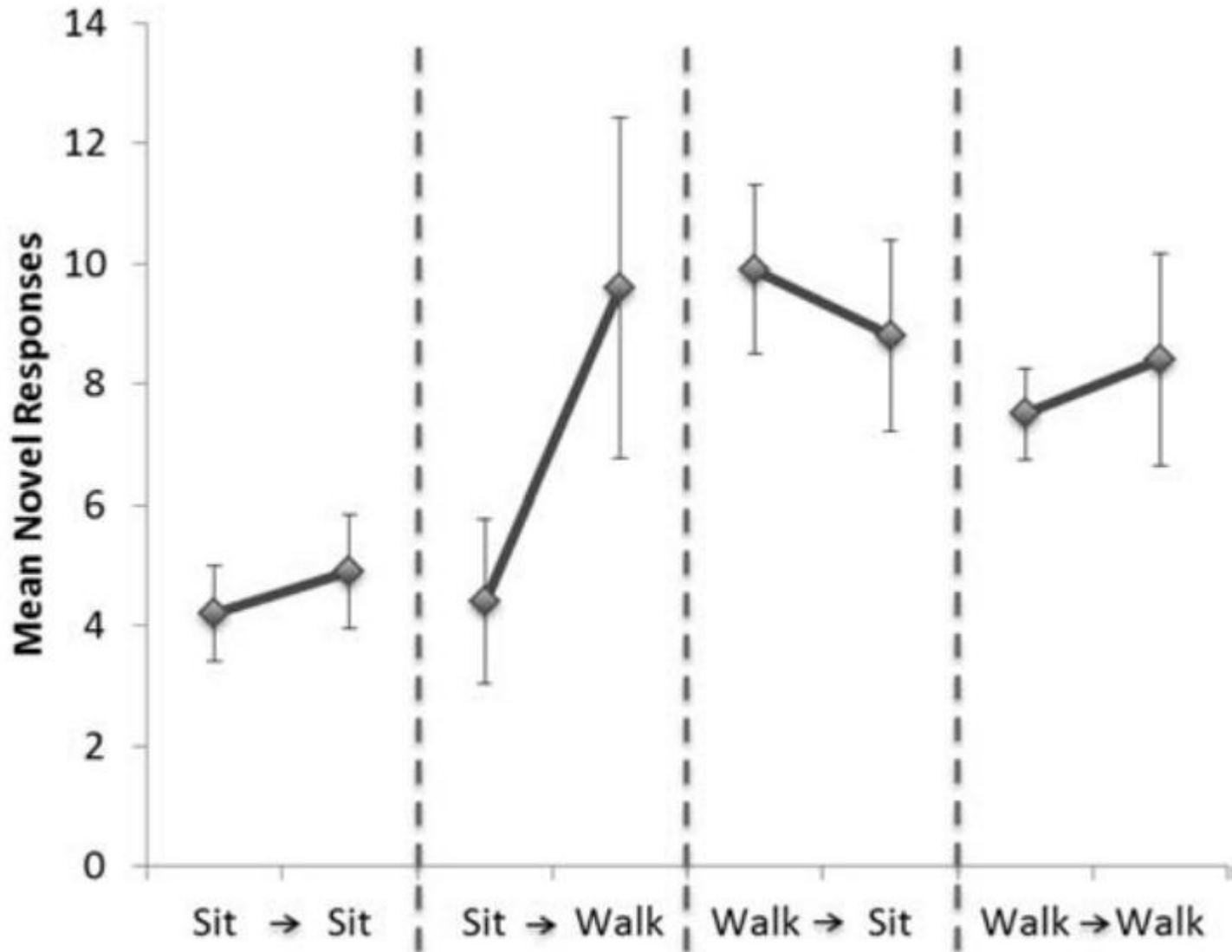


Number of novel ideas during brainstorm

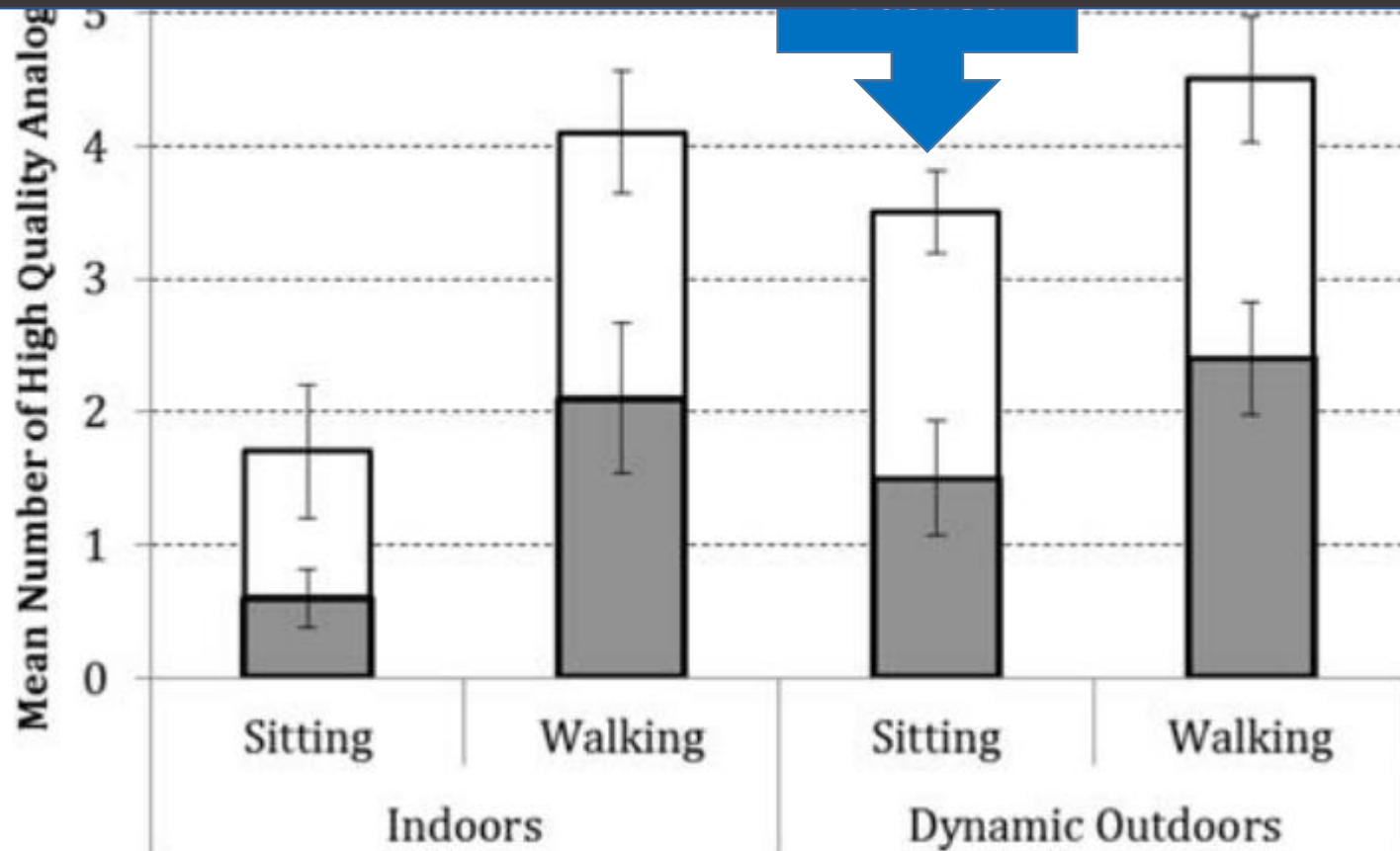
■ walking ■ sitting



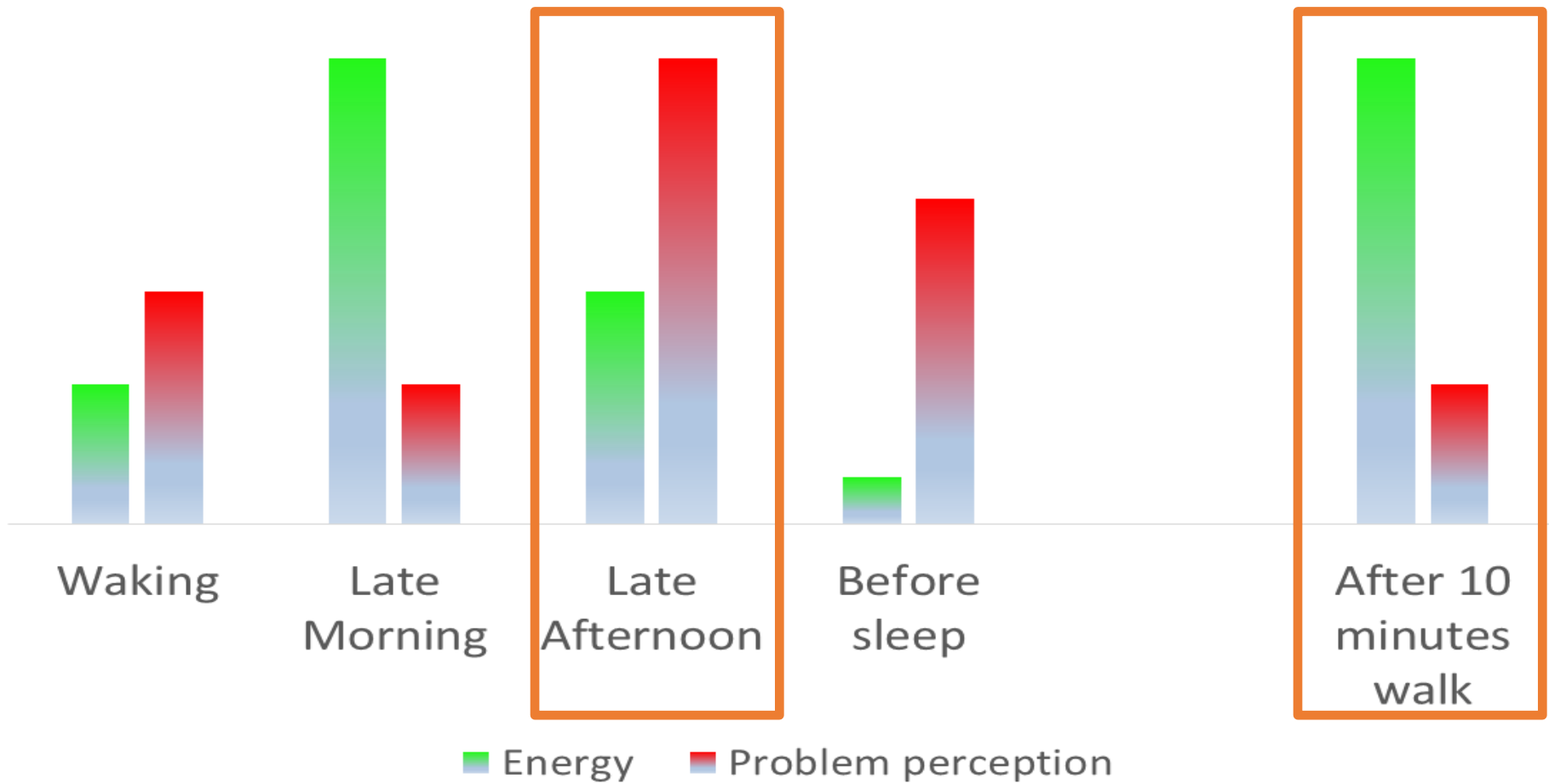
Number of novel ideas during brainstorm



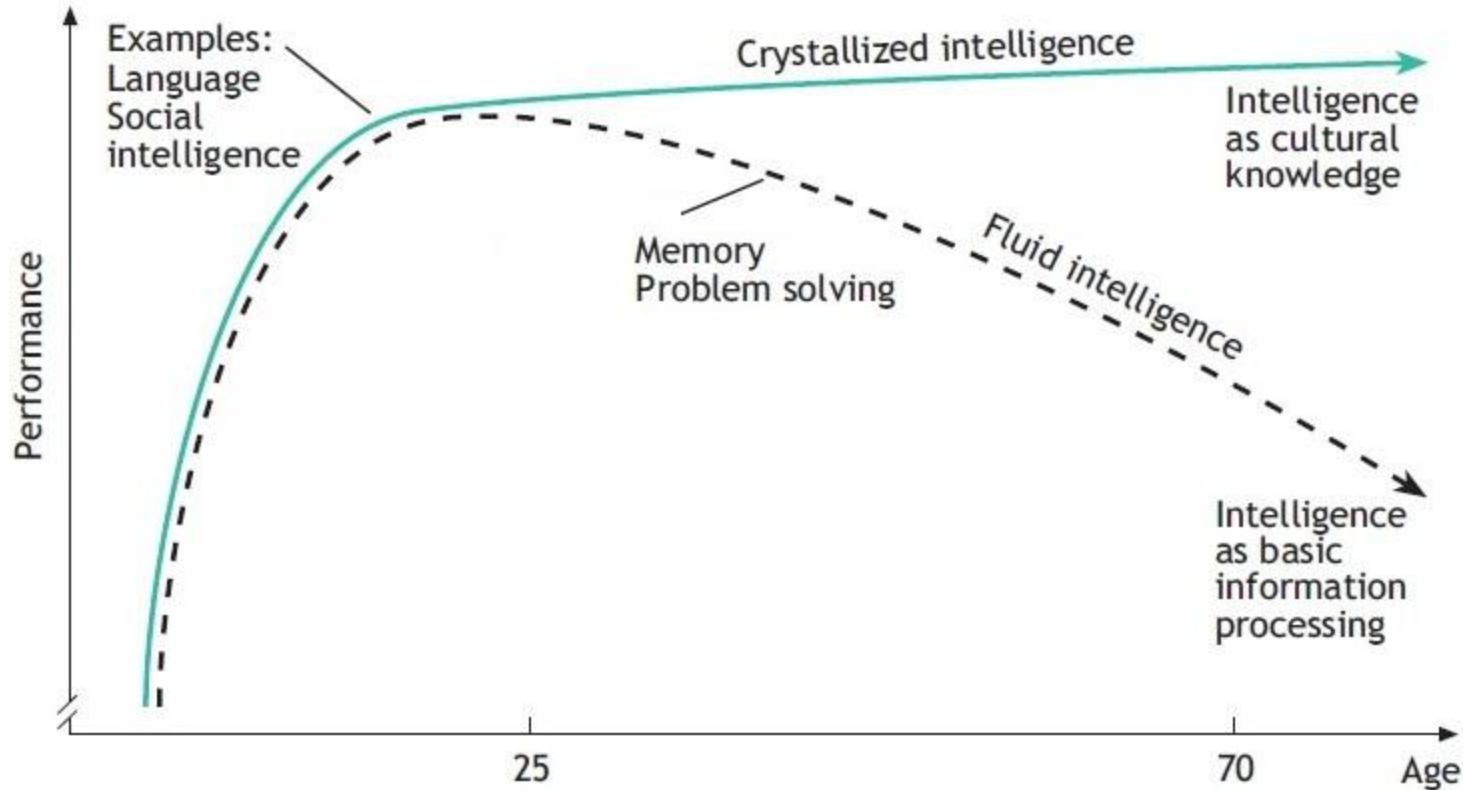
Outdoors seems better than indoors
Active movement → more movement
in your brain



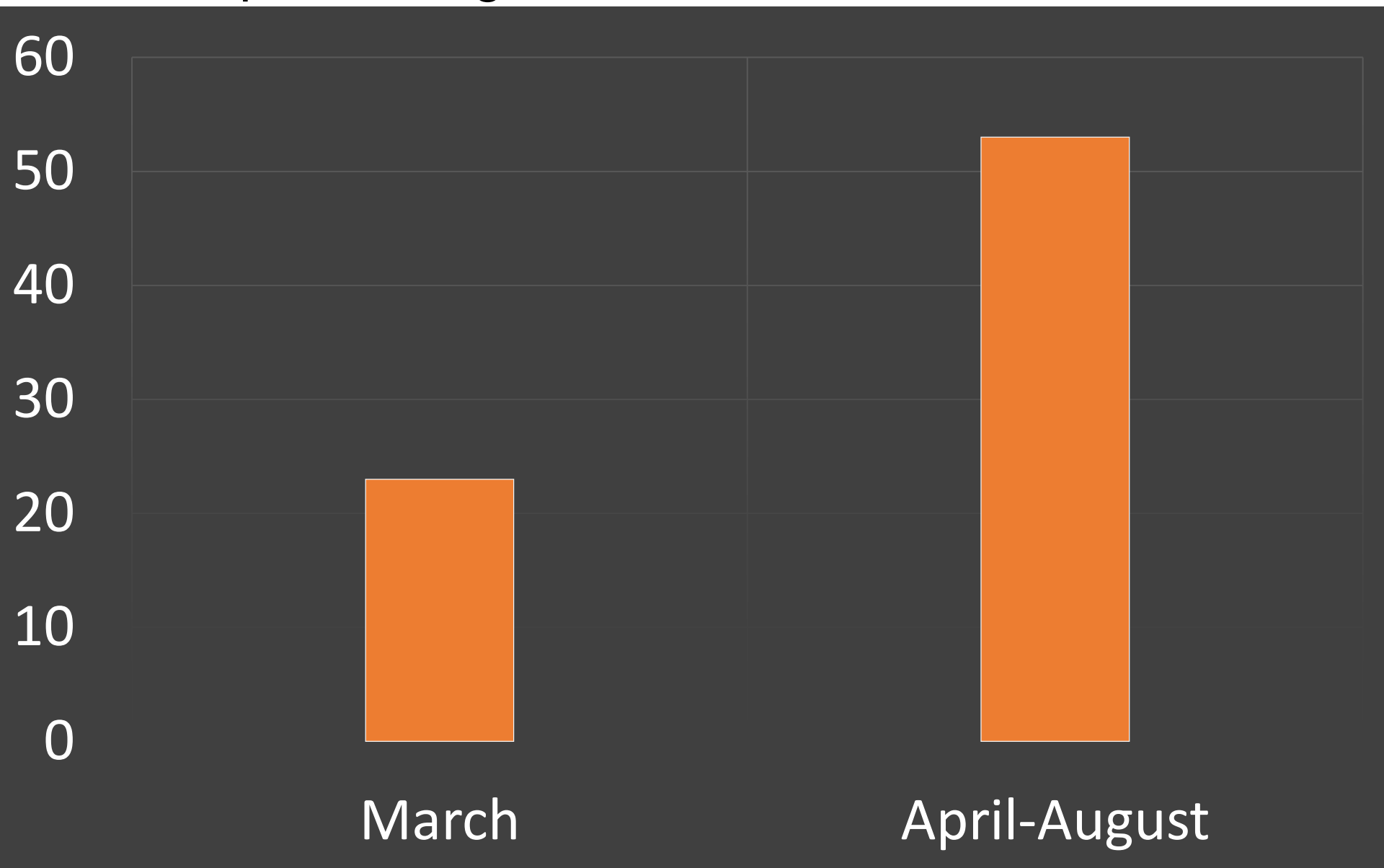
Problem solving



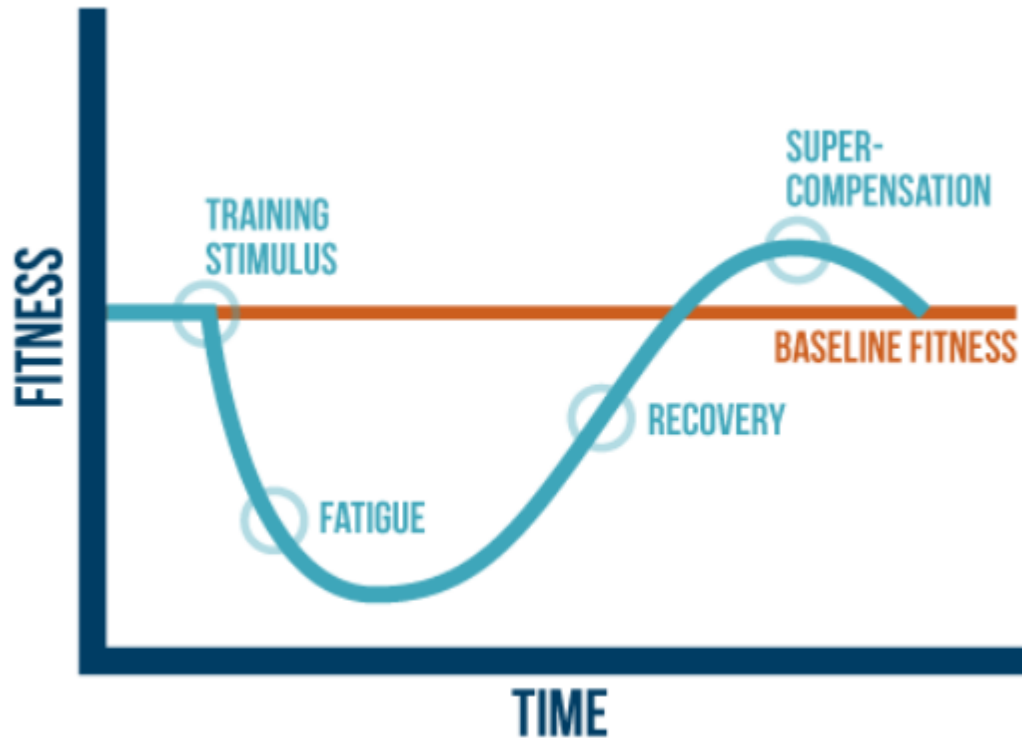
Mental capacity during working life



Shortening call duration (%) in call centers by implementing sit-stand desks + education



Sustainable high performance:
move every hour for 3 minutes
change sit-stand every 30 minutes





Wellbeing
/
Health

System Performance

SHAREHOLDERS - OWNER

CEO & BOARD OF DIRECTORS

HUMAN
RESOURCES

RESEARCH &
DEVELOPMENT

PRODUCTION

SALES &
MARKETING

FINANCE &
PURCHASE

Comply with
the
ergonomics
program

Meet our
strategic, tactical
and operational
goals





PICNIC[®]/Consequence Analysis

Consequences	Positive (P)	Negative (N)	Immediate (I)	Future (F)	Certain (c)	Uncertain (U)	Aware (A)	Not Aware (n)
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Prevent ill health									Negative, Future, Uncertain
Deadline today									Negative, Immediate, Certain
Smoking									Positive, Immediate, Certain

**KEEP IT
SIMPLE
STUPID**



MyPyramid

STEPS TO A HEALTHIER YOU


Based on the information you provided, this is your daily recommended amount from each food group.

GRAINS 3 ounces	VEGETABLES 1 cup	FRUITS 1 cup	MILK 2 cups	MEAT & BEANS 2 ounces
<p>Make half your grains whole</p> <p>Aim for at least 1 1/2 ounces of whole grains a day</p>	<p>Vary your veggies Aim for these amounts each week:</p> <p>Dark green veggies = 1 cup</p> <p>Orange veggies = 1/2 cup</p> <p>Dry beans & peas = 1/2 cup</p> <p>Starchy veggies = 1 1/2 cups</p> <p>Other veggies = 4 cups</p>	<p>Focus on fruits</p> <p>Eat a variety of fruit</p> <p>Go easy on fruit juices</p>	<p>Get your calcium-rich foods</p> <p>Go low-fat or fat-free when you choose milk, yogurt, or cheese</p>	<p>Go lean with protein foods</p> <p>Choose low-fat or lean meats and poultry</p> <p>Vary your protein routine—choose more fish, beans, peas, nuts, and seeds</p>
<p>Find your balance between food and physical activity</p> <p>Be physically active for at least 30 minutes most days of the week.</p>		<p>Know your limits on fats, sugars, and sodium</p> <p>Your allowance for oils is 3 teaspoons a day.</p> <p>Limit extras—solid fats and sugars—to 165 calories a day.</p>		
<p>Your results are based on a 1000 calorie pattern.</p>		<p>Name: _____</p>		
<p>This calorie level is only an estimate of your needs. Monitor your body weight to see if you need to adjust your calorie intake.</p>				



The Fogg Behavior Model: **B=MAT**





Ergo Boost

Now move around for a bit, so you can continue refreshed in a few moments

Stand up

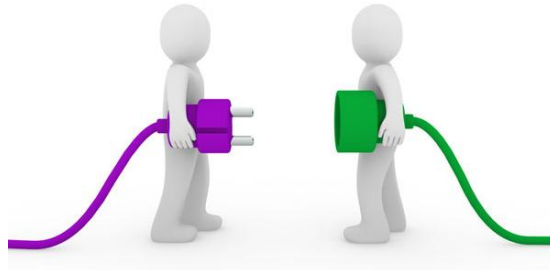
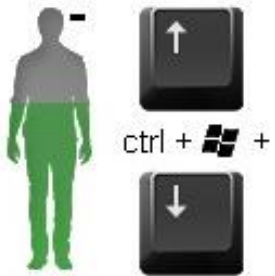
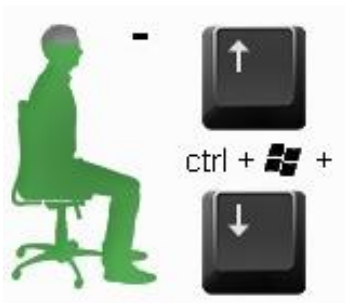
Walk away from your desk

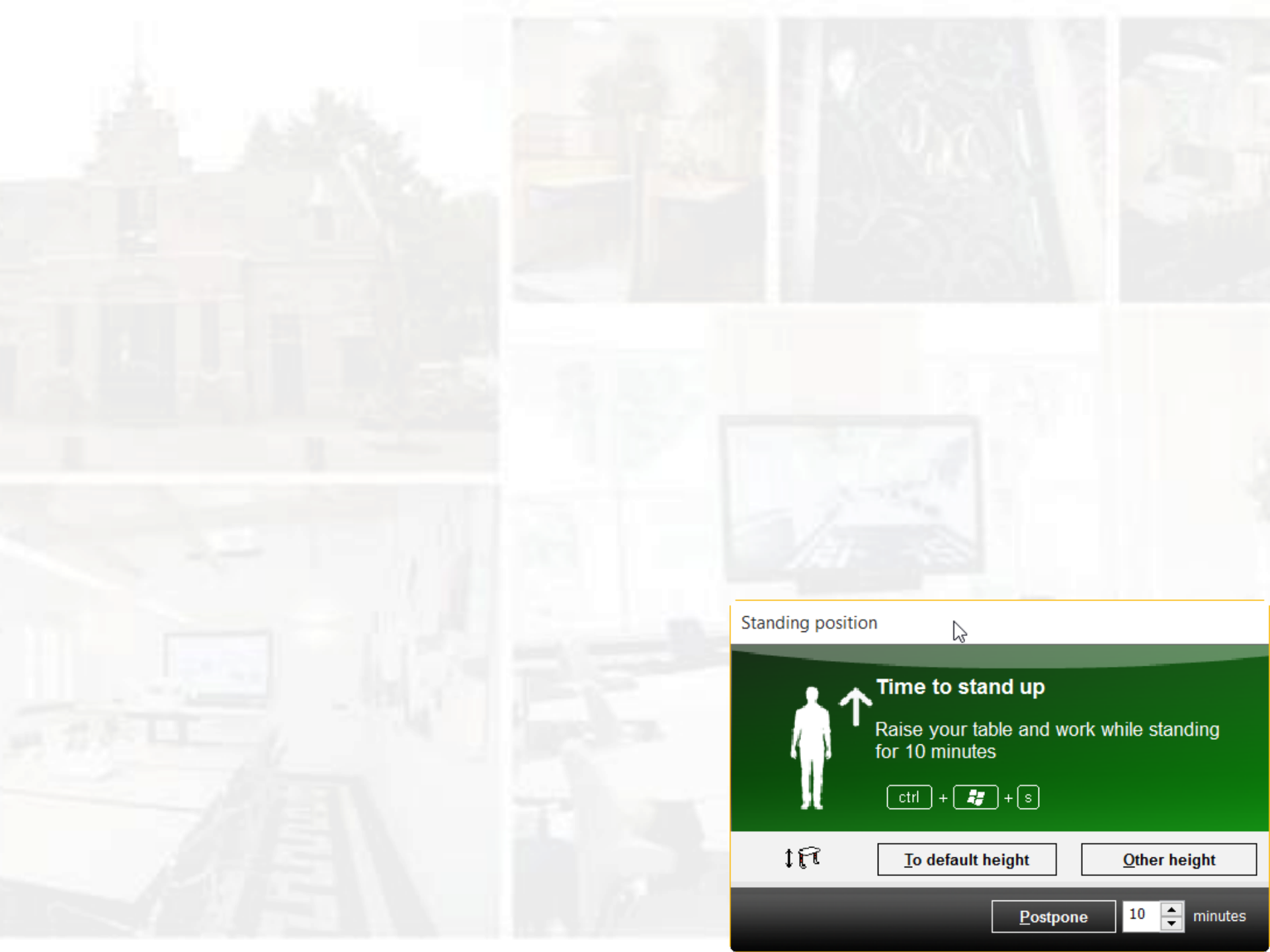
Take a short walk



02:09

IQ sit-stand desk





Standing position



Time to stand up

Raise your table and work while standing for 10 minutes

ctrl +  + s



Io default height

Other height

Postpone

10



minutes

Sitting down again is as important as standing up

Sitting position



Time to sit down

Lower your table. The next standing period will be in 30 minutes

ctrl +  + s



To default height

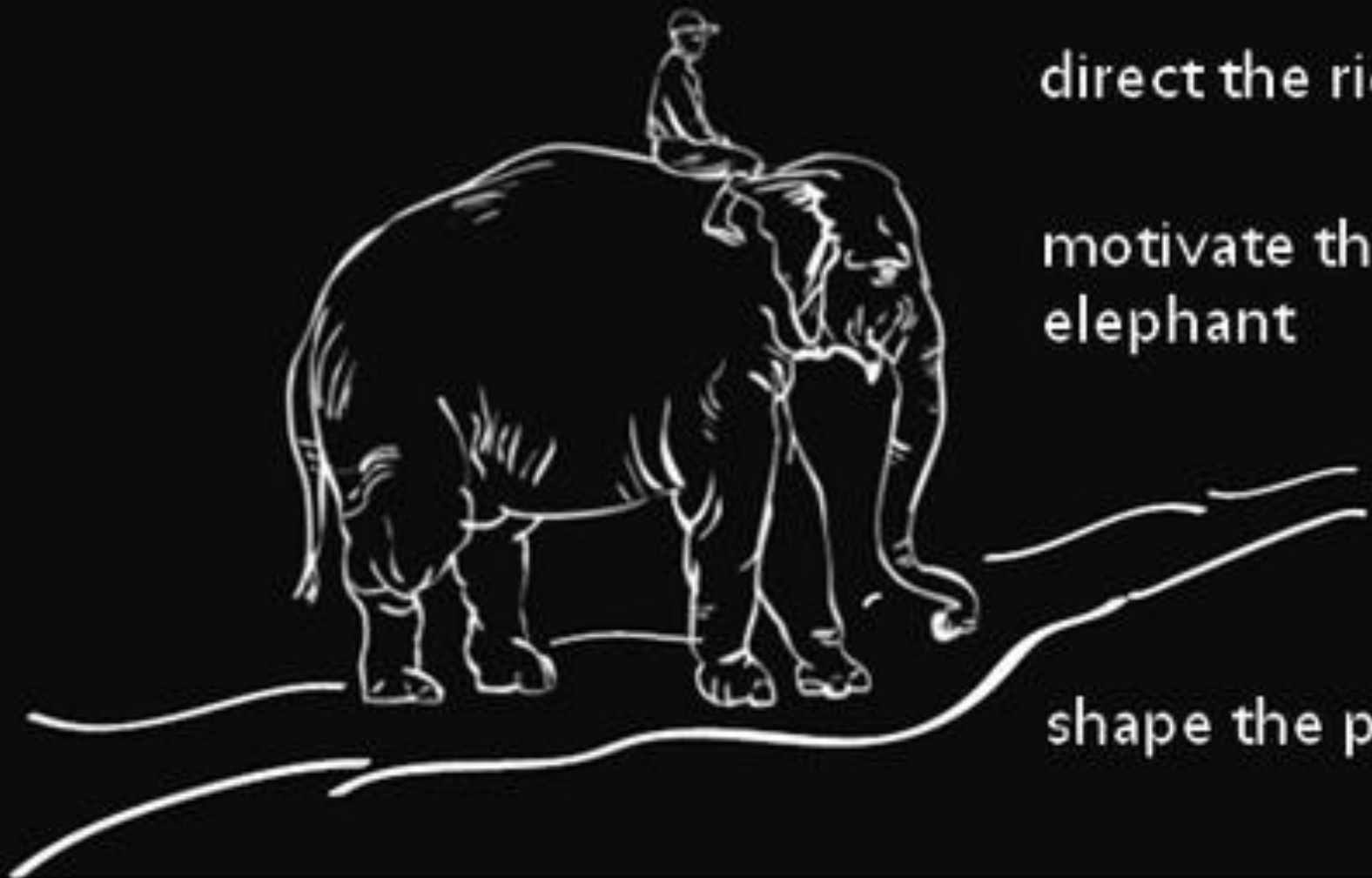
Other height

Postpone

10



minutes



direct the rider

motivate the
elephant

shape the path

Move every hour for 3 minutes!
Change sit-stand position every 30 minutes!

