

Finding the sweet spot: promoting health and productivity with the Goldilocks principle.

September 22-24, 2023

Faculty:

Bart Cillekens

Designing work to be 'just right' and healthy.

Learning objectives.

1. Understand the Goldilocks principle and its application in occupational health.
2. Gain knowledge on the different strategies that can be used to improve the worker's capacity and health.
3. Develop plans to implement the Goldilocks principle in different workplaces, including strategies for assessing the programme's effectiveness.

This workshop will explore the Goldilocks principle as it applies to occupational health (1, 2). We will examine how to balance physical demands and workers' capacity to maintain or improve their health and productivity. Through real-life examples and interactive activities, participants will learn practical strategies to apply the Goldilocks principles in various workplaces and settings (3-5). By the end of the workshop, participants will better understand the importance of finding the right balance at work to maintain or increase a healthy and safe workplace.

The Goldilocks principle is valuable in many fields, including occupational and public health. This principle aims to find the 'just right' for various aspects of physical demands at work(1, 2). As shown in the literature, too much activity can lead to negative health outcomes -such as fatigue or musculoskeletal symptoms-, but too little activity can lead to bone and muscle loss. This workshop will explore the Goldilocks principle in depth and discuss how to apply it to maintain or improve a healthy and safe workspace. We will examine the importance of finding the right balance between the worker's capacity and how to achieve this balance through practical strategies and techniques.

Participants will learn the importance of maintaining this balance in the workplace and how it can impact employee health, safety, and productivity. We will provide real-life examples to illustrate the concept and interactive activities to engage the audience and develop conceptual plans for other jobs(3-5). Furthermore, the workshop will create a supportive environment for participants to share their experiences, challenges and best practices related to occupational health. Especially because at the conference, we have a diverse range of experts from different industries, geographies, and backgrounds.

By the end of the workshop, participants will have a greater understanding of the Goldilocks principle and how to apply it to their workplaces. In addition, participants will have access to a set of resources, tools, and references to help them to implement the principle in diverse work settings.

In summary, using the Goldilocks principle, this workshop provides participants with practical knowledge, strategies, and resources to promote healthy and safe workplaces.

About Our Speaker:

Bart Cillekens

PhD student at the Department of Public and Occupational Health, UMC, Amsterdam, Netherlands. His research project focuses on understanding the effects of occupational physical activity on human health. As he delves deeper into this field, he is captivated by the physical activity paradox. While leisure time physical activity promotes health, occupational physical activity can have negative consequences. He is committed to unravelling this paradox and discovering strategies to improve the well-being of individuals and groups in work environments, such as the Goldilocks Work Principle.