



Finnish Institute of
Occupational Health

Well-being through work



Finnish Institute of
Occupational Health

Workplace Health Promotion

11th December, 2017

Riga



Seminārs – diskusija

VESELĪBAS VEICINĀŠANA DARBA VIETĀS

Datums: 11 Decembris, 2017

Vieta: Hotel Islande, Ķīpsalas iela 2, Rīga

Dalība seminārā ir
bez maksas.

Tiks nodrošināta kafijas
pauze un pusdienas

Veselības veicināšana darba vietās ir ES valstīs plaši izplatīta pieredze un atzīta prakse uzņēmumos – tās mērķis ir uzlabot nodarbināto veselību un pašsajūtu darba vietās, tādējādi sekmējot arī uzņēmumu darbības efektivitāti. Somijā veselības veicināšana darba vietās ir atzīta pieeja uzņēmumu darbības uzlabošanai un ir pieejami daudzi labās prakses piemēri un aprēķini par tās ekonomisko ietekmi. Ar ESF projekta atbalstu, Somijas Arodveselības institūts realizē plašu projektu, lai veicinātu uzņēmumu, pašvaldību un nodarbināto iesaisti pieredzes apmaiņā par veselības veicināšanas iespējām darba vietās Somijā un Baltijas valstīs. Plānotais seminārs paredzēts pieredzes apmaiņai, kā arī iespējamās nākotnes sadarbības plānošanai.

PROGRAMMA

9.00–9.30	Reģistrācija, Kafija
9.30–10.00	Ievads & Iepazīšanās, Projekta mērķi un uzdevumi. Darba plāns 2018.gadam Jaana Lerssi-Uskelin, Somijas Arodveselības institūts, Somija Ivars Vanadzins, Darba drošības un vides veselības institūts, RSU
10.00-10.20	Sadarbības principi un iespējas veselības veicināšanā darbā – Somijas pieredze Timo Järvensivu, nommoC seugolaiD, Aalto Universitātes Biznesa vadības skola, Somija
10.20–11.00	Veselības veicināšana darba vietās – Kas tas īsti ir un varētu būt? Veselības veicināšanas darbā ieguvumi? Anne Salmi, Somijas Arodveselības institūts, Somija
11.00–12.15	Grupu darbs, piemēri un diskusijas Moderatori: Jaana Lerssi-Uskelin, Somijas Arodveselības institūts, Somija Timo Järvensivu, nommoC seugolaiD, Aalto Universitātes Biznesa vadības skola, Somija Ivars Vanadzins, Darba drošības un vides veselības institūts, RSU
12.15-12.45	Diskusiju rezultātu pārrunāšana Jaana Lerssi-Uskelin, Somijas Arodveselības institūts, Somija Timo Järvensivu, nommoC seugolaiD, Aalto Universitātes Biznesa vadības skola, Somija
12.45–13.30	Pusdienas un diskusijas neformālā gaisotnē

Semināra darba valoda: Latviešu un Angļu (tiks nodrošināts tulkojums)

Seminārs notiek kā daļa no ESF projekta "Co-operation and competence network for promoting occupational health, safety and well-being at work" (2015-2018)

Informācija:

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Jaana Lerssi-Uskelin, Finnish Institute of Occupational Health, jaana.lerssi-uskelin@ttl.fi



Työpaikkojen työhyvinvointi



Finnish Institute of
Occupational Health

Leverage from
the EU
2014–2020



European Union
European Regional
Development Fund



ttl.fi/tyhyverkosto



#tyhyverkosto



Työpaikkojen työhyvinvointiverkosto



FINNISH INSTITUTE OF OCCUPATIONAL HEALTH

Founded
in 1945

An independent
public law institution

A research institute in the
administrative sector of the
Ministry of Social Affairs and Health

The Finnish Institute of Occupational Health, FIOH



- *is a specialist in well-being at work, which carries out research, and provides services and training.*
- *Together with our clients, we develop well-functioning work communities and support workers' work ability.*
- *Our clients include workplaces, decision-makers, individuals, occupational health units and other organizations that strive to improve well-being at work.*
- *Our vision is "Well-being through work", as it is healthy, safe and meaningful work that creates well-being.*
- *We have offices in Helsinki, Kuopio, Oulu, Tampere and Turku.*
- *No. of personell: 500*
- *For more information, see www.ttl.fi/en @fioh*



Finnish Institute of
Occupational Health

Tyhy Network, The National Network on Well-being at Work at Finnish Workplaces

11th December 2017, Riga

Jaana Lerssi-Uskelin, MHS
Head of Development
Fioh

Timo Järvensivu, D.Sc. (Econ.)
Network researcher, entrepreneur
nommoC seugolaiD

National Network on well-being at work at Finnish workplaces (Tyhy Network)



- Started operations in 2012
- Network for well-being at work actors at the workplace
- Activity based on the needs of workplaces, companies and other partners - regionally



- Vision:

To develop well-being at work at workplaces equally, openly and through participation



- > healthier employees
- > more profitable companies
- > more vitality in Finland

- > Target: European's best working life 2020

The objectives of the Tyhy network

- To be a meeting point and an arena for discussion
- To share knowledge, methods and experiences
- To provide support for concrete actions taken to improve well-being at workplaces
- To improve communication and interplay between workplaces, specialists and decision-makers
- To enable co-operation between different agents regionally, nationally and internationally



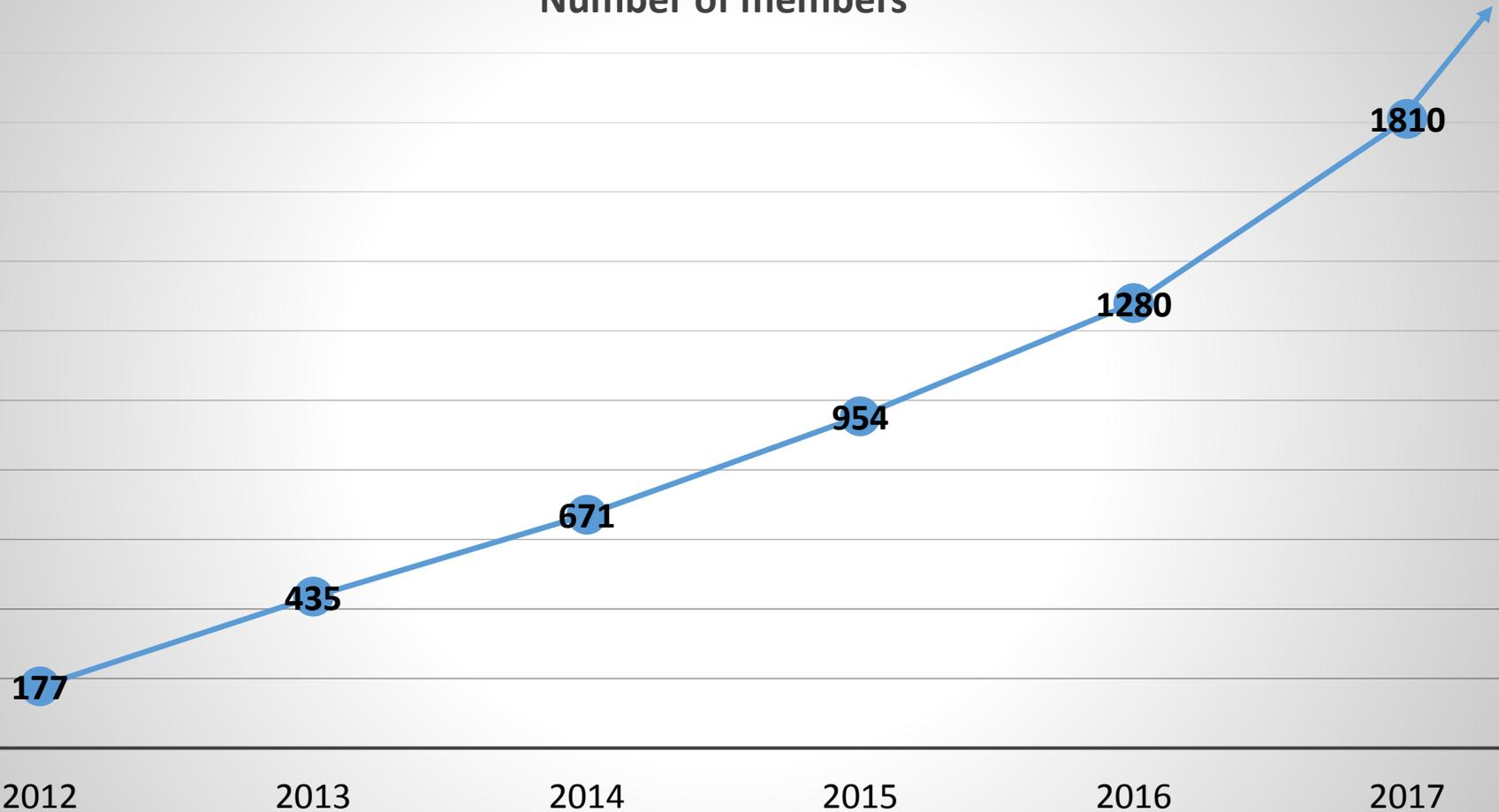
Why the Tyhy network is a good practice?

- Regional networks -> near workplaces
- Multiprofessional co-operation
- Connecting people:
 - at workplaces – in regions – between regions – nationally – internationally through regional and national networkmeetings
- Platform for discussion and development
- Examples of topics; How to manage stress? How to prevent psycho-social risks in workplace? Health and well-being at work at all ages.

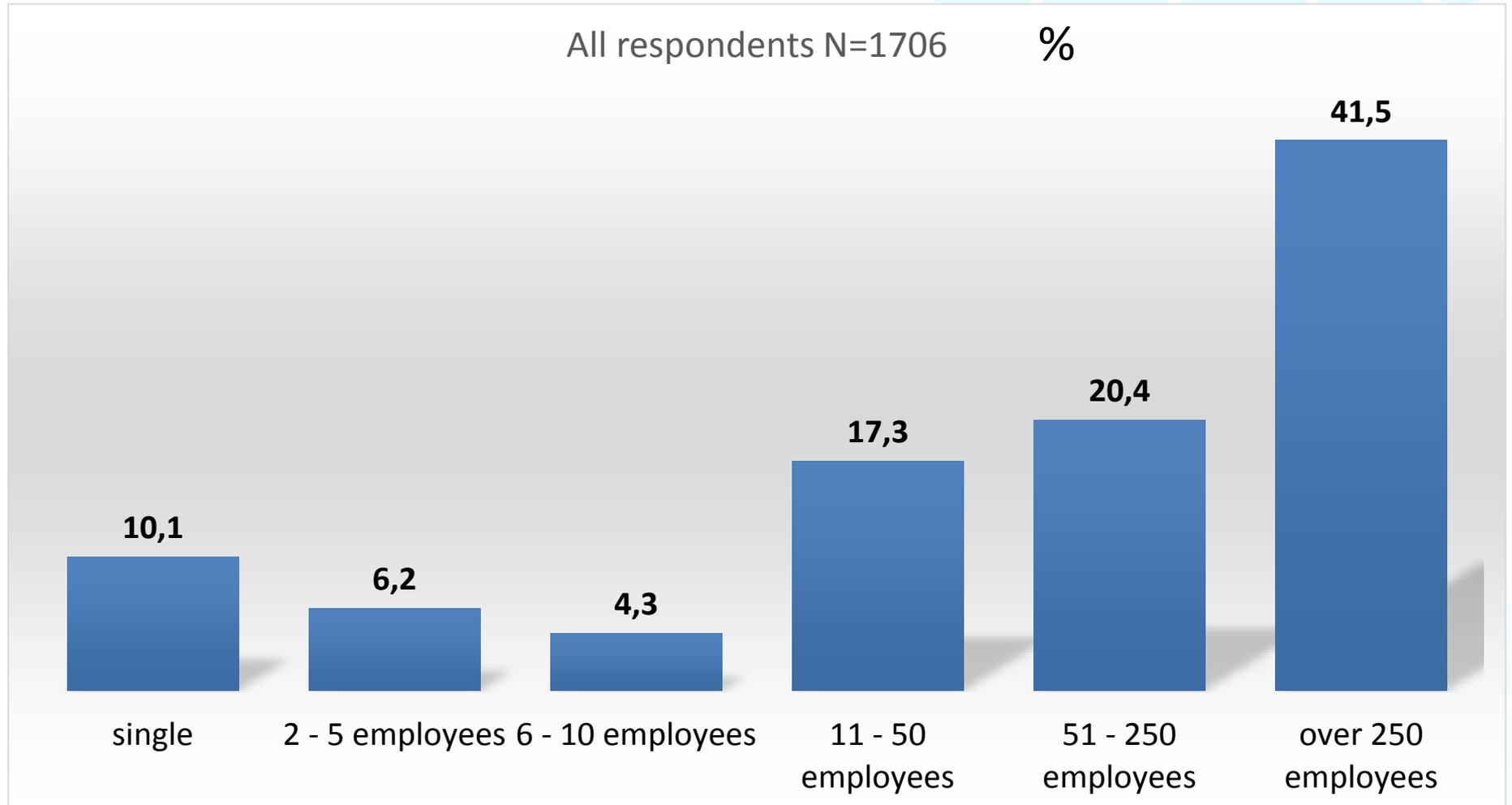


Tyhy-network today

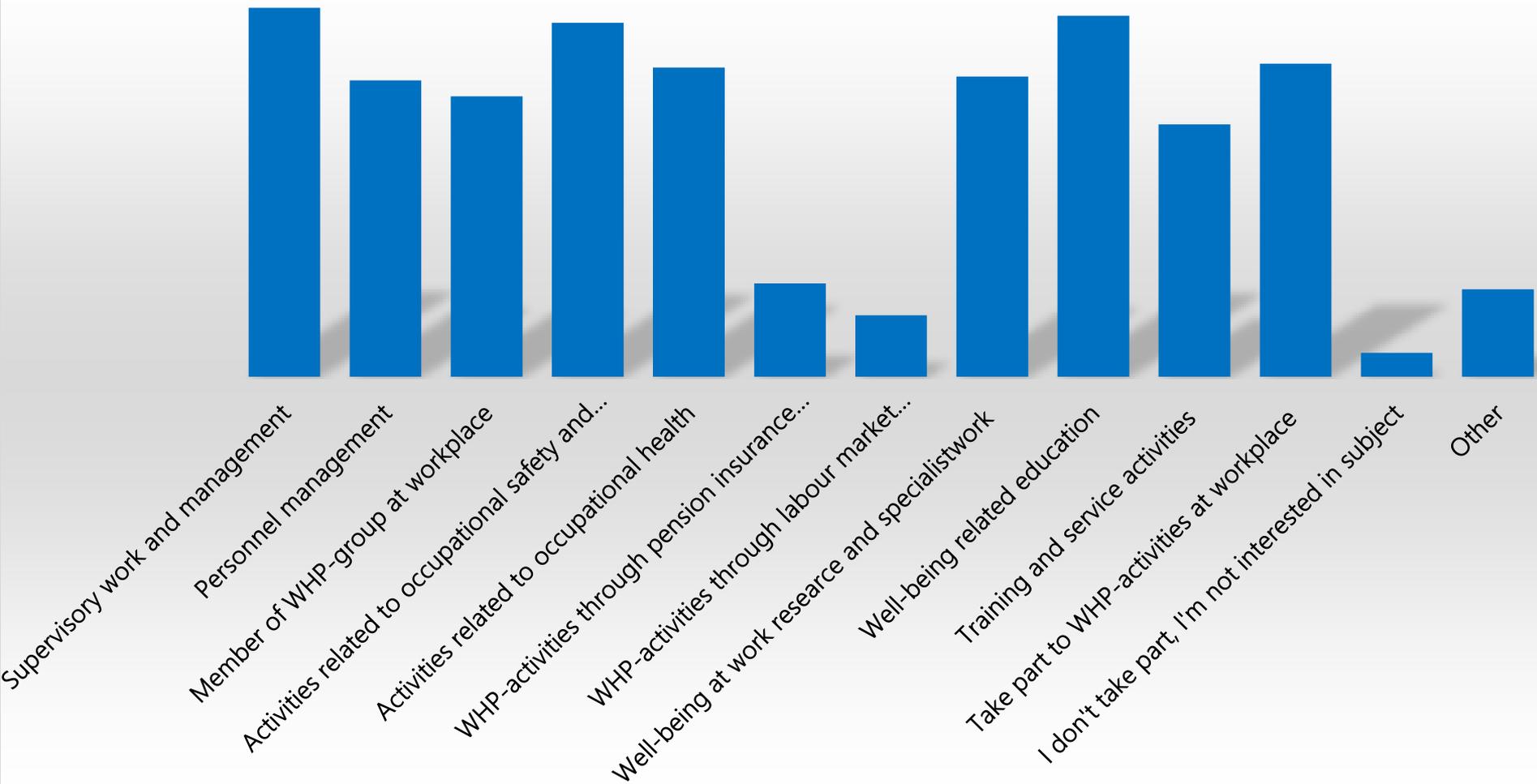
Number of members



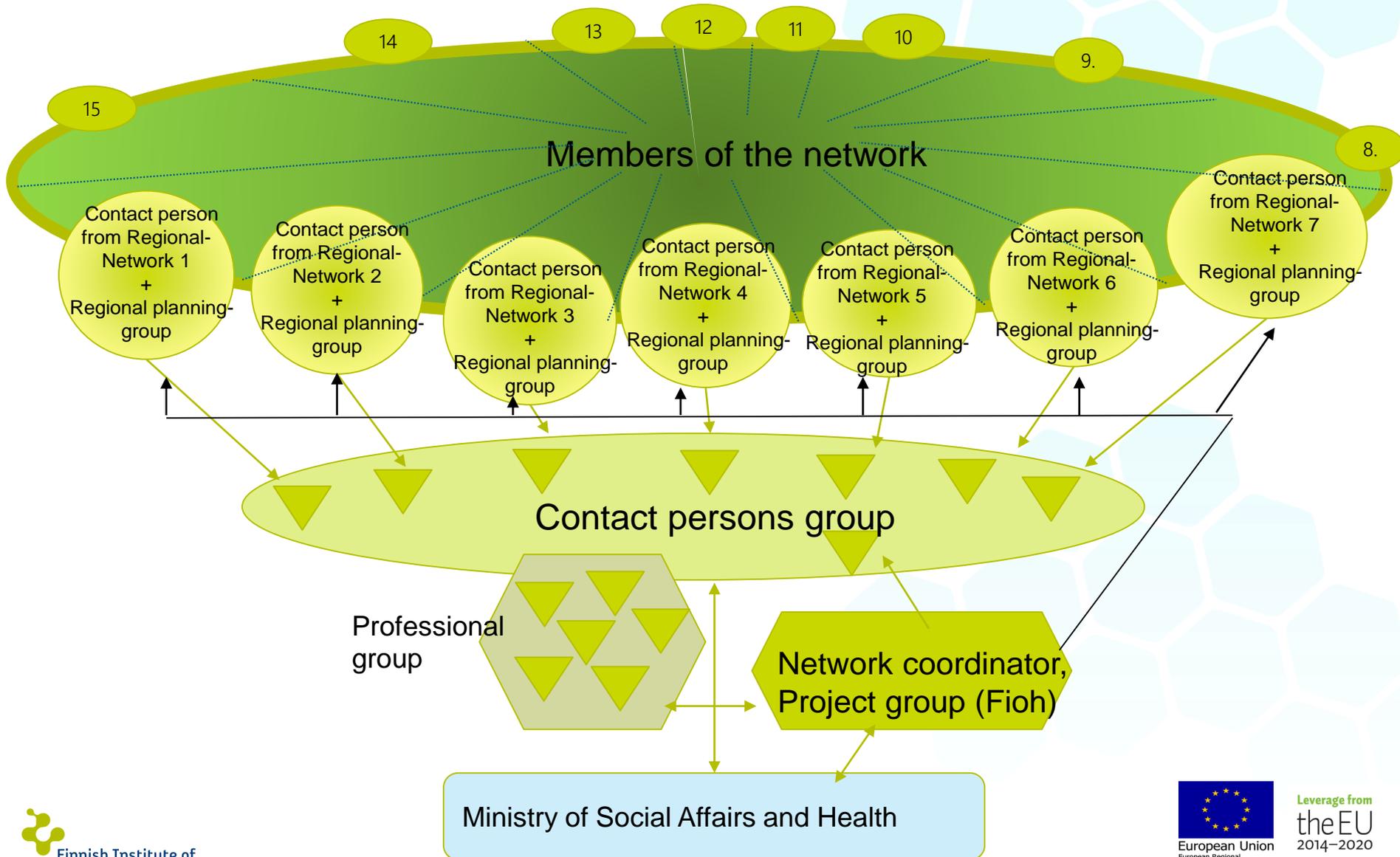
Tyhy-network today



Tyhy-network today



Structure of the Tyhy Network



Challenges

- A new and different way to work
 - > uncertainty – do we trust or not?
- Networking requires trust and commitment
 - > takes patience and time
- How to maintain interest in networking?
 - > can we obtain good effects and benefits?
- How to get people to commit to development?
- How to manage networks?
 - > resources needed



Leverage from
the EU
2014–2020



Project:

Co-operation and Competence Network for promoting Occupational Health, Safety and Well-being at work

TyhyverkostoX

– Työterveyttä, työturvallisuutta ja työhyvinvointia verkostoituen

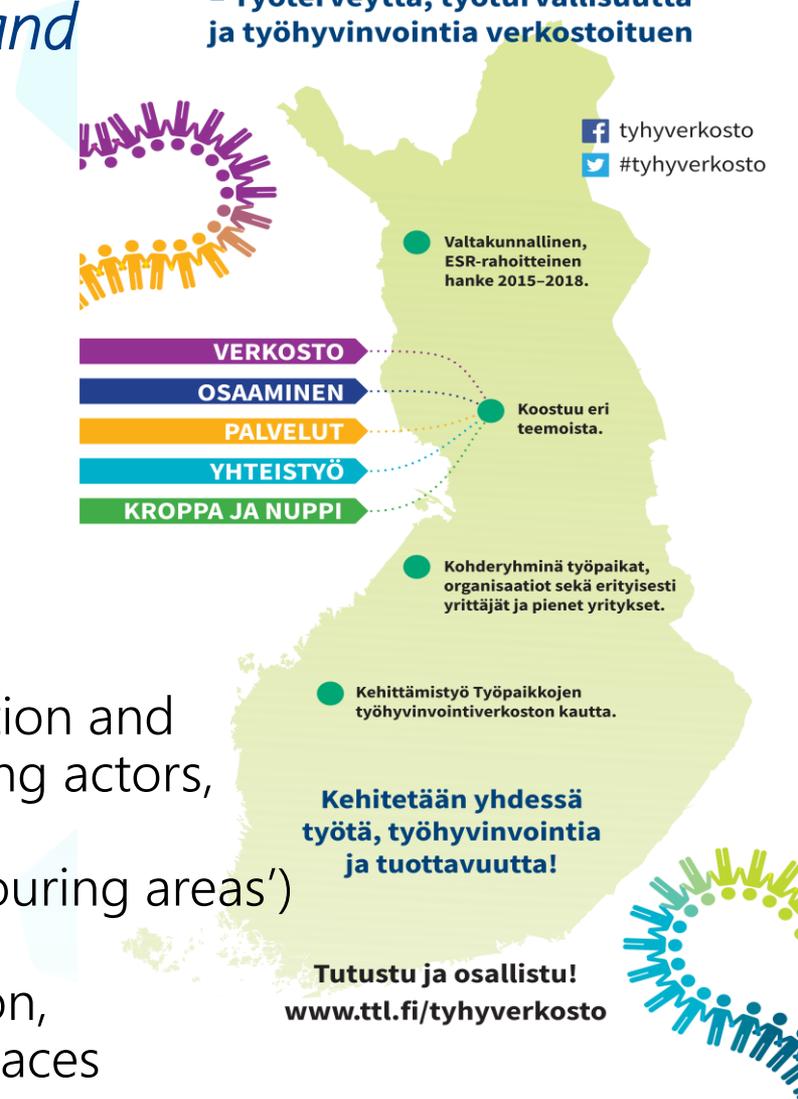
TyhyverkostoX, TyhyX-project

- 9th September 2015 – 8th September 2018
- Funding by European Social Fund (ESF)

(Ministry of Social Affairs and Health)

Aims:

- Create a structurally strong national co-operation and competence network for workplaces' well-being actors, which functions on the regional level and is connected to international (especially neighbouring areas') network.
- Improve OHSW competences and co-operation, and the utilization of OHSW services at workplaces



In the future..



- Ensure the network operates throughout Finland
- Strengthen the connection with other regional networks
- Ensure the regional networks' connection to stakeholders
- Strengthen the connection with international networks

Strengthen the connection with international networks

*and neighbouring countries.
Hope you are interested in to
take part this process?*

nisverkosto

www.johtamisverkosto.fi



Työpaikkojen
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verkosto

www.ttl.fi/tyhyverkosto



Leverage from
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2014–2020

Health and wellbeing at work at all ages -process



Network Meeting

11th December 2017

Workshop 1

February 2018

Workshop 2

1 March 2018

Network Meeting

May 2018

Evaluation Meeting in Helsinki

June 2018



Finnish Institute of
Occupational Health

**Investing in well-being at work is
productive,
Networking is one effective way
to implement it!**

Thank you!



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