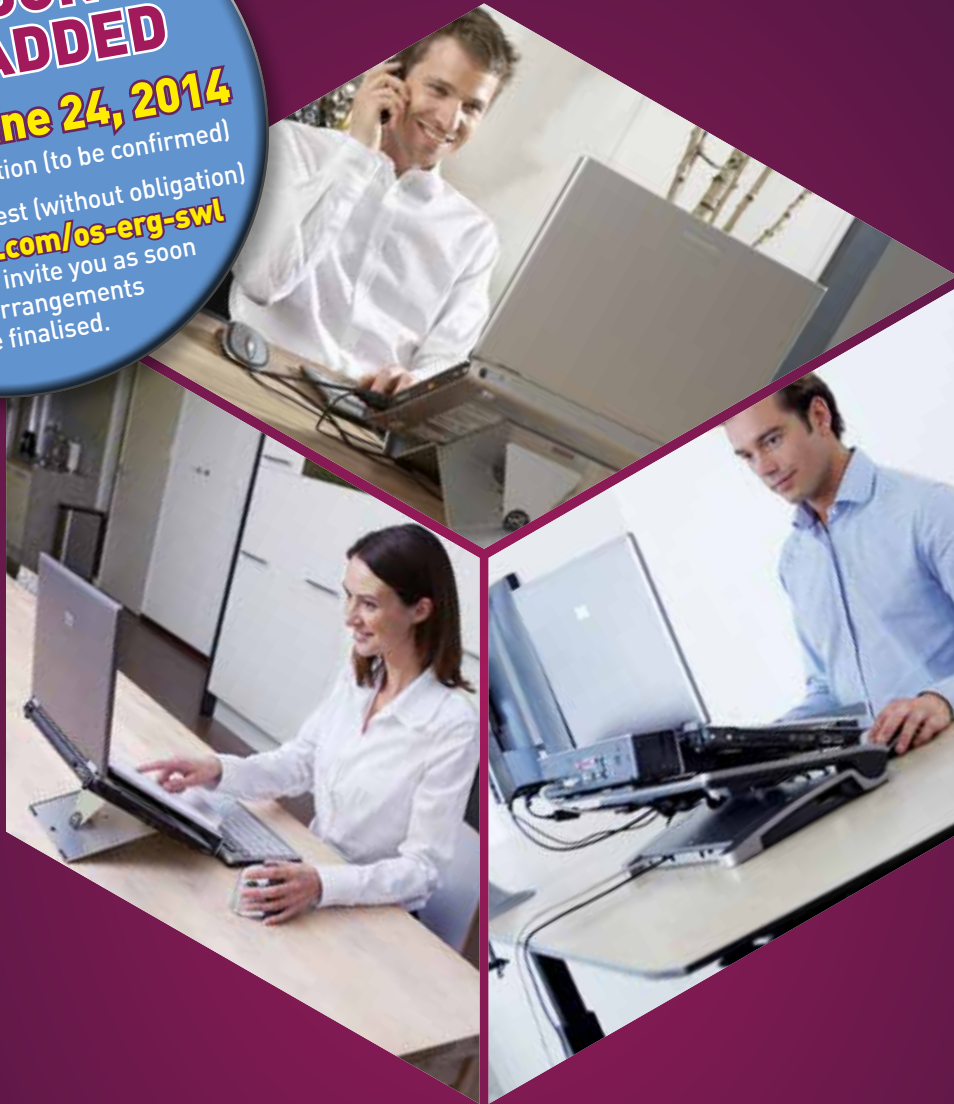


Smart Working



Knowledge > Innovation > Productivity



London > Loughborough > Bristol > Manchester

The Event



Following the successful introduction of the Flourishing Workplaces seminars in 2012, this year's series (in London, Loughborough, Bristol and Manchester) explores the issues around Smart Working and the need to take a holistic view. The speakers bring many years' experience and knowledge to the discussions and promise a lively and enlightening array of presentations.

Attend for the whole day or just a morning or afternoon session, but join us for lunch and networking whichever you choose!

Agenda

TIME	Session and Speaker	Speakers
09:30	Registration, tea, coffee and snacks	
10:00	Morning Welcome	Guy Osmond, Osmond Ergonomics
10:10	The Physical Risks & Benefits of Remote Working The Olympic Employee (not Manchester)	Nic O'Brien, Fit for Work UK
10:10	Why did Yahoo ban remote working when it is easier than ever to work from home? (Manchester only)	Gill Gilworth
11:00	Tea/Coffee	
11:20	Psychosocial Wellbeing & the Remote Worker	Dr Claire Williams, Human Applications
12:10	Improving Posture to Improve Productivity	Guy Osmond
12:30	Q & A	
12:45	Lunch	
13:45	Afternoon Welcome	Guy Osmond
13:55	Smart Working – the Strategic Approach	Andy Lake, Flexibility.co.uk
14:45	Gain an Hour a Day	John van Hooft or Ryan Pavey, Efficiency Software International BV
15:35	Discovering more – free resources	Guy Osmond
15:50	Q & A and Wrap Up	
16:00	Close	

Dates & Venues



LOUGHBOROUGH – Thursday July 11th, 2013

Human Applications, The Elms,
Elms Grove, Loughborough LE11 1RG

Book now, limited places available:
bit.ly/smart-2013



BRISTOL – Thursday September 19th, 2013

Burges Salmon LLP,
One Glass Wharf, Bristol BS2 0ZX

Book now, limited places available:
bit.ly/smart-2013



MANCHESTER – Tuesday October 15th, 2013

Red Rooms 3 & 4, Floor 24, City Tower,
Piccadilly Plaza, Manchester M1 4BT

Book now, limited places available:
bit.ly/smart-2013



LONDON – Thursday November 28th, 2013

THB Group, 107 Leadenhall Street,
London EC3A 4AF

Book now, limited places available:
bit.ly/smart-2013

Speakers



Gill Gilworth

Gill is a Chartered Physiotherapist with a post graduate Certificate in Occupational Health (UEA 1996) and a MPhil (University of Leeds 2000). Following a period working in the NHS Gill specialised in Occupational Health and Ergonomics pursuing a career both as a director of an Occupational Physiotherapy company (Work Fit) and as a researcher at the University of Leeds. At Work Fit Gill managed a number of DWP contracts delivering Access to Work assessments. The main focus of her research has been exploring ways of understanding and measuring Work Instability. These dual roles have enabled her to work simultaneously as a researcher and a practitioner providing experience of the direct translation of research outcomes into practice.

Gill is currently working as a DSA (Disabled Students Allowance) Needs Assessor for Contact Associates, a leading provider of assessment and support for DSA applicants. She is also the owner of Realising your Ability offering independent Disability and Workplace Health consultancy.



Nic O'Brien

Nic is the clinical manager of Fit for Work UK, an Occupational Health Physiotherapy company that supplies specialised occupational health physiotherapists to companies and organisations throughout the UK.

Nic is a native of New Zealand where he plied his trade in the sports and private practice field before moving to the UK 6 years ago and turning his attention to occupational health. Having treated Olympians and a host of national sporting reps as well as representing New Zealand in 400m Hurdles and still holding the national 400m Hurdles record, Nic has been able to adapt the principles of sporting treatment and rehabilitation to the occupational field.

Fit for Work UK has won numerous awards including 'Best Physiotherapy Service in the UK 2011' for helping companies save significant amounts of time and money on sickness absence and presenteeism. The company was also voted one of the Top 100 Small Companies to work for in 2013 by the Sunday Times.



Speakers



Andy Lake

Andy is a specialist in Smart and Flexible Working, and editor of Flexibility.co.uk, the online journal of flexible work.

Andy has been involved in dozens of implementations of Smart Working and conducted leading-edge research into its impacts. He also coordinates the Smart Work Network (www.smart-work.net), a network of 170 larger companies and public sector organisations that collaborate to develop smart and flexible working. His management book *Smart Flexibility* was published by Gower in January 2013.

flexibility.co.uk
RESOURCES FOR NEW PLAYS OF WORKING



Guy Osmond

Guy has been involved in almost as many businesses as he now has chins. Before deriving his principle income from workplace ergonomics, his business interests have included satellite TV, a wine bar, card printing machines, a children's clothes shop and Space Invaders. After showing early promise at school, he soon tired of academia and dropped out of University in his second year. Since that time, he has taken only one further exam.

His company was originally established in 1962 and Osmond Ergonomics was launched in 1992. His presentations are lively and engaging and he is known for innovation, straight talking and challenging the status quo.

 **Osmond**
Ergonomics



Dr Claire Williams

Claire is a Consultant at Human Applications and a lecturer on the MSc. Programme in Ergonomics, at Derby University.

In her academic role she has been responsible for designing and delivering modules on Ergonomics Methods and Research methods and for supervising Post Graduate Projects.

For the 21 months (from December 2011 – August 2013) she is the Principal Investigator on an IOSH funded project entitled 'Measuring the impact of behaviour change techniques on break taking behaviour at work'.

In her role at Human Applications she provides consultancy and training to Industry and Government organisations in Ergonomics, Human Factors and Risk Management.

Human
APPLICATIONS

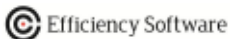
Speakers



Ryan Pavey

Ryan recently joined Efficiency Software to help launch their software products into the UK market, following success for the company in both mainland Europe and the US.

Ryan has over ten years' experience in the specialist Health & Safety software sector, during this time he worked for two market leading e-learning providers (Cardinus and EssentialSkillz). Both of these companies specialise in office ergonomics/DSE training and risk assessment solutions. Ryan's role was in the development and refinement of their ergonomic risk assessment software products. During his career, Ryan has helped hundreds of Health & Safety professionals in large multi-national organisations and public sector bodies introduce these software programmes into their businesses.



John van Hooft

John is from The Netherlands and is one of the pioneers of comfortable and efficient Smart Working. John runs Efficiency Software which recently launched into the UK market following success for the company in both mainland Europe and the US. John is an entrepreneur in the field of ergonomics, owner and initiator of renowned Dutch company ErgoDirect International and also of the international business BakkerElkhuizen which manufactures and distributes some of the most innovative ergonomic accessories.

John secured his passion for ergonomics in the first Dutch Smart Working implementation at Dutch insurance company Interpolis back in 1996. After finishing his studies in chemical technology John made a radical transition to become a sales engineer. Just 15 months later at the age of 23 he started his first software company Harley Systems in partnership with UK based Harley Systems headquarters (Princess Risborough) followed by a firm entrance into the market of ergonomics and smart working with the set-up of ErgoDirect and Efficiency Software. In 2006 John acquired BakkerElkhuizen with the aim of building this brand further internationally.

John combines commercial skills with an eye for innovation and design, many of his company's products are based on one of his ideas. With partners all over the world from America to Australia, UK to mainland, Europe his companies serve thousands of multi-national organisations and public sector bodies. Efficiency Software's innovative solutions are today in use by over 700,000 users around the globe.



Presentations



Why did Yahoo ban remote working when it is easier than ever to work from home?

Gill Gilworth

This presentation will explore some of the arguments for and against home 'teleworking' from both the employer's and employee's perspectives and includes some of the findings from Gill's own research.

The Olympic Employee

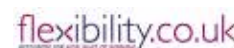
Nic O'Brien, Fit for Work UK



This insightful presentation will look at how back to work rehabilitation for an employee mirrors return to elite sport for an Olympic athlete. In addition, Nic will discuss how company innovations in smart and agile working are changing the presentation and management of employee musculoskeletal injuries just as environmental stressors in the sports field have a direct correlation with results and performance.

Smart Working – the Strategic Approach

Andy Lake, Flexibility.co.uk



Andy will be setting out the wider context of the development of Smart Working, and the need for a strategic and integrated approach to achieve the full benefits. This presentation will look at some case study material and the levels of benefit achieved. Andy will also be taking a look ahead at what the future holds in this fast-moving field.

Improving Posture to Improve Productivity

Guy Osmond, Osmond Ergonomics



Smart Working in all its forms reduces the visibility of when, where and how individuals work. Encouraging movement and good posture helps optimise the performance of personnel. This presentation explores products available to provide flexibility and comfort for mobile workers and in office environments with shared workstations. Products will be available for "hands on" exploration in the breaks.

Psychosocial Wellbeing & the Remote Worker

Dr Claire Williams, Human Applications



As well as the changes in physical factors which occur when people work away from the office, their health and wellbeing is also affected by changes in what might be termed their psychological exposure (psychosocial factors). In this talk we will consider what psychosocial factors are particularly important for remote workers; what their impact is and how we might best address them to support the health and wellbeing of this growing group of workers.

Presentations



Gain an Hour a Day

Ryan Pavey or John van Hooft, Efficiency Software International BV



Extensive, independent scientific studies, backed up by the practical experiences of a substantial global client-base, demonstrate that there is significant potential to improve the efficiency and productivity of computer users. As well as improving employee wellbeing, the studies demonstrate scope to impact employer profit margins. By focusing on two key areas - maintaining energy levels and improving skill sets - substantial gains can be made across your entire desk-based workforce, especially homeworkers. Efficiency Software International explains how organisations with computer-based personnel can increase employee productivity whilst simultaneously reducing work-related discomfort.

Sign Up...

Book now online, limited places available:

bit.ly/smart-2013



Smart Working Seminars



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