

New Work Playbook: Swedish coffee

A coffee break that's more about socialising than drinking coffee.

Sweden is one of the world's top coffee consuming nations, and the social Swedish coffee break known as *fika* is a cherished tradition. *Fika* can be had alone or in groups, indoors or outdoors, while traveling or at home. A time to take a rest from work and chat with friends or colleagues over a cup and a sweet treat, *fika* reflects the Swedish ideal of slowing down to appreciate life's small joys.



Fika in New Work

The concept of *fika* for New Work is simple. It is the moment that you take a break, often with a cup of coffee, but alternatively with tea, and find a baked good to pair with it. You can do it alone, you can do it with the team or your project colleagues. You can do it at home, in a park or at work. But the essential thing is that you do it, that you make time to take a break.

During this break, there is no talk about work and the tasks ahead. The time is used to enjoy life and get to know each other. You can make the Swedish coffee part of the

regular daily schedule. Make it a real team ritual: everyone stops working and gathers in the meeting room or in the coffee corner. There should be no extra points when someone pretends to have no time for a break, because the work is just too important.

This New Work practice has been gathered for the [New Ways Of Working Playbook](#). For any questions about further New Work practices or our [New Work Toolbox](#) please contact:

[Nicole Anzinger](#) & [Nadja Petranovskaja](#)

or visit our [website](#).

Have a great day!



We bring together New Work Beginners,
Enthusiasts, Corporate Rebels,
HR Professionals, Change Consultants,
Organisational Developers and Leaders
to share, to learn and to experiment so that we
together can actively shape the future of work.



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