

New Work Playbook: Wholeness

Invite people fully into the daily work routine.



Many years, labour and work were very physical. It was about doing something without much thinking. Then more and more, machines took over the heavy duty, and so we started the era of “thinking work”.

In any case, the special thing about thinking work is that we hardly move around in our perfectly tuned workspaces. We sit in the office chairs or in the conference rooms to take a seat in a comfortable car seat after work.

That is why the New Work welcomes people holistically at work, with body and mind.

Body and mind, a perfect combination



For a long time, sport and any kind of physical exercise was considered a hobby, and a thought worker often has no time for hobbies. In the New Work, however, the person is holistically integrated into the work process. Being physically fit and holistically healthy are important factors for the well-being of the company: In order to think and develop great innovative ideas, our mind needs a healthy

body, full of energy and stamina. Today's high demands on concentration and attention will otherwise burn everyone out sooner or later.

That is why the following list contains a few ideas on how the human being can be invited as a whole into the daily work routine without the responsibility for health being transferred to the employee alone.

- Serious games: instead of learning exclusively through understanding, many training activities in a playful format invite people to master complex topics.

- Furniture on wheels: Seating and standing options that adapt to the requirements of the meeting and invite movement ensure that focus and fun are an integral part of every meeting.
- Walk & talk: Instead of sitting in meeting rooms all day, discussions and feedback sessions can also take place outside during a walk.
- Healthy eating: Lunching together is not only a bonding ritual for the staff, it is also an energising time. Companies that have recognised this offer a variety of dishes, freshly prepared food, large tables for many meetings and cooking events.
- Exercise opportunities: Running groups, football teams, office yoga programmes, calls for relaxing eye exercises - many roads lead to Rome!

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:

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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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