



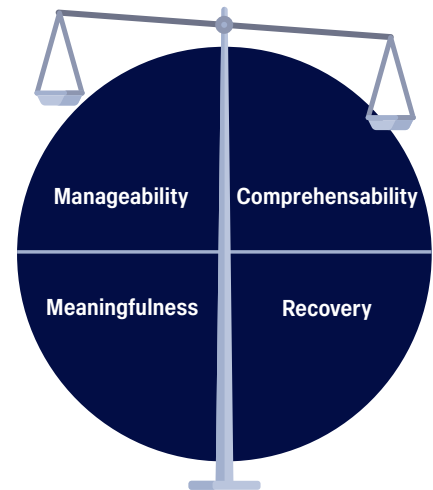
ONE-TO-ONE WORK BALANCE DIALOGUE

Name:

Date:

Plot your status on each item by indicating from blue to red.

Excellent
 Good
 Insufficient
 Poor



MANAGEABILITY					Comments
Balance resources and demands	✓				
Support	✓				
Clarity	✓				
Ability to influence		✓			
Status - in all	✓				
COMPREHENSABILITY					Comments
Coherence	✓				
Role clarity		✓			
Feedback	✓				
Confidence	✓				
Status - in all	✓				
MEANINGFULNESS					Comments
Fairness	✓				
Involvement	✓				
Appreciation		✓			
Motivation & development		✓			
Status - in all		✓			
RECOVERY					Comments
Disconnect - relax	✓				
Movement	✓				
Energy	✓				
Reflection & focus		✓			
Status - in all	✓				

Discuss the balance between the different areas: Note on activities to follow-up.

- Discuss how to maintain the green and blue areas through sustainable activities and behaviors.
- Discuss the yellow and red areas in line with improvements. What can we do, more of or less of, to regain the balance?

Note! This document is owned by the co-worker. Shall not be stored by the manager due to the GDPR regulation.