

Alleviating Struggles at the Office

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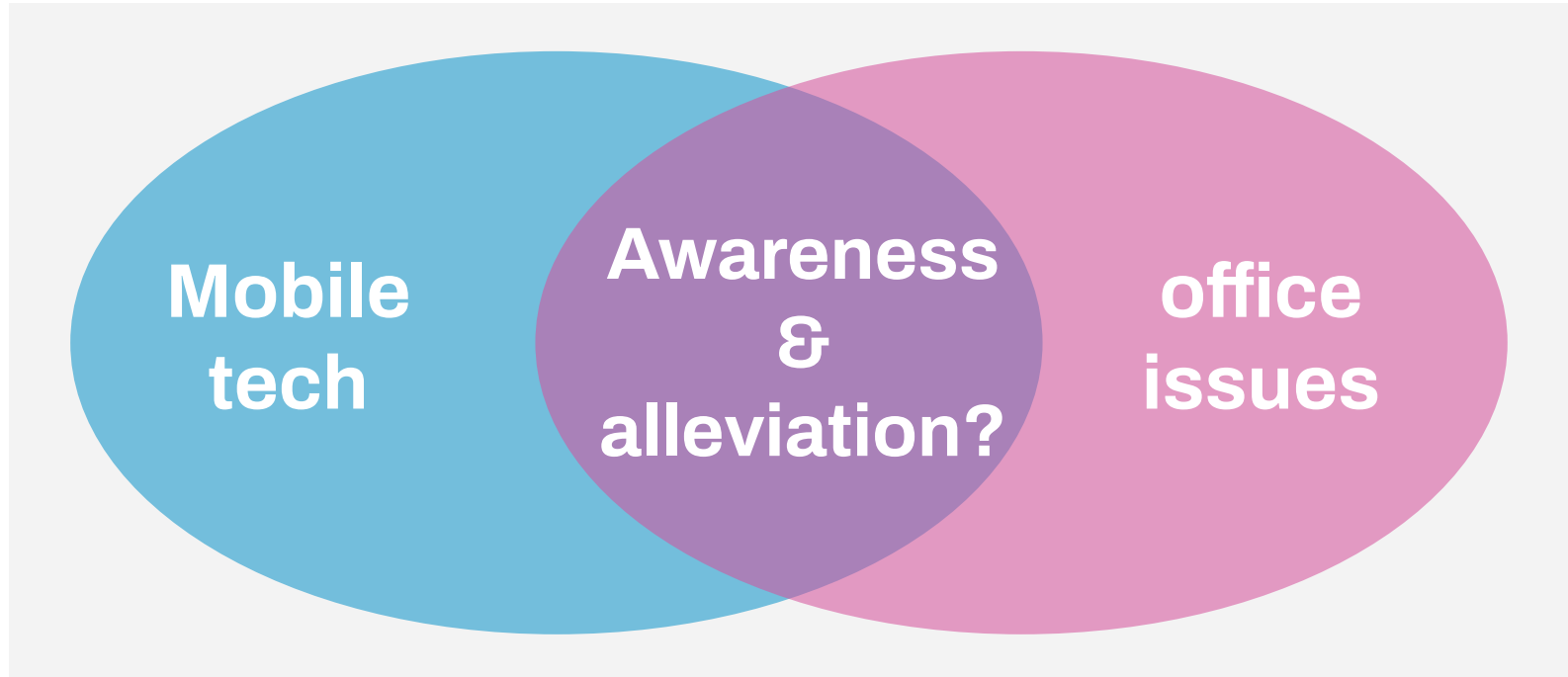
Proseminar Media Informatics, LMU Munich



Share of Germans working
jobs that at least partially
take place in an office

The Big Picture:

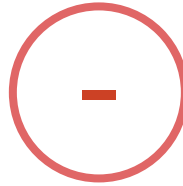
Question of the paper



Findings



Mobile tech as an
opportunity



Mobility fostering
and reflection
support



Design thinking
shift and financial
investment

Review

State of relevant fields

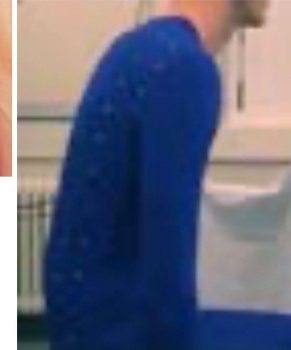
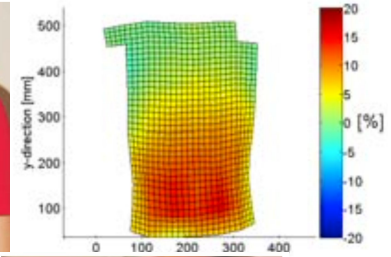
- Reflection
- Reflective tech
- Office (health) issues
- Wearable tech

Review

Mobile office solutions

- mobile? portable?
- tackles office issues?
- explicit reflection support?

Results



**Mass
adoption?**

**High
mobility!**

Clearly define



Reality

Effectiveness
Accuracy
Precision



Ideal

Wearability
Aesthetics
Comfort

**A shift in design thinking
is required!**

A set of Guidelines

User Definition

Issue research

Sensor exploration

Previous solutions

Data minimalism

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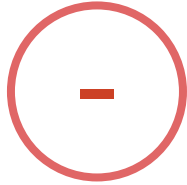
Big Picture

**What do these
results mean?**

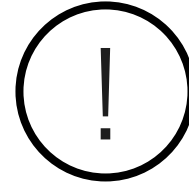
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Future

Critique and Plea



Small amount of
practical solutions
reviewed



More studies on
reflective office HCI

Thank You!
Feel free to ask questions.