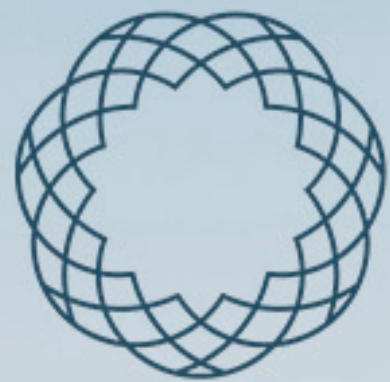




Norwegian Centres of Expertise
NCE Aquaculture



SjømatNorge

Mentale muskler i Havbruk



Hva sier KI?

Da har du et stort, ganske maskulint og HMS-tungt publikum – perfekt for «Mentale muskler», men det krever tydelig, konkret og lite «psykobabbel»

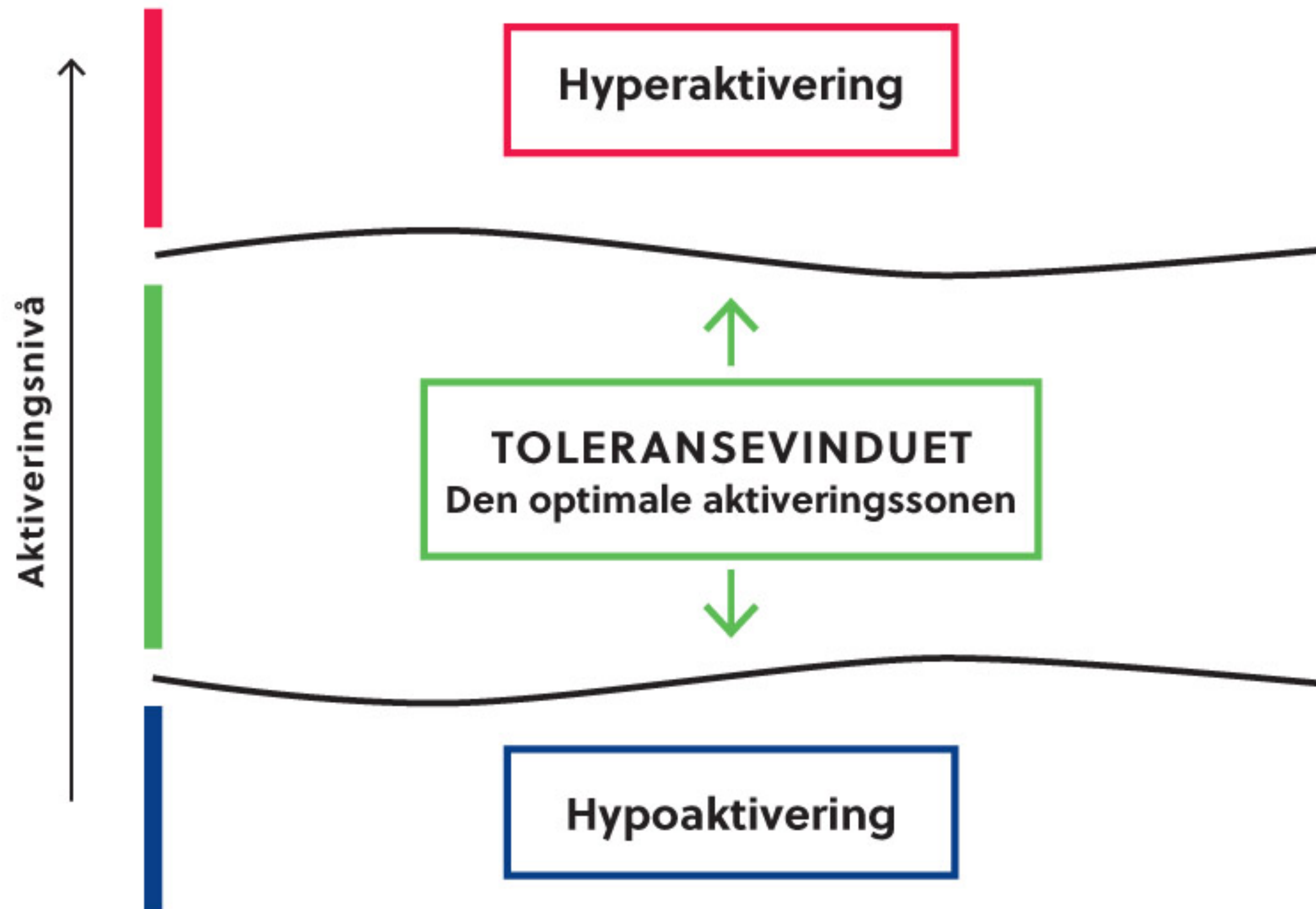
STATUS?

Hvordan går det med dere?

EMBRACE THE CHANGE?

Hva trenger vi nå?

TOLERANSEVINDUET



Sunn mental tankegang

ONE SMALL
POSITIVE THOUGHT
IN THE MORNING
CAN CHANGE YOUR
WHOLE DAY



Sunn mental tankegang

Tilhørighet



Har du noen gang vært på et godt lag?



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Psychological safety...



Psychological safety



Psychological safety





**The basic human challenge—
it's hard to learn if you already know**



LIKEBEHANDLING



FORSKJELLSBEHANDLING

**“I don’t like that man.
I must get to know him better.”**

- Abraham Lincoln

My role

is

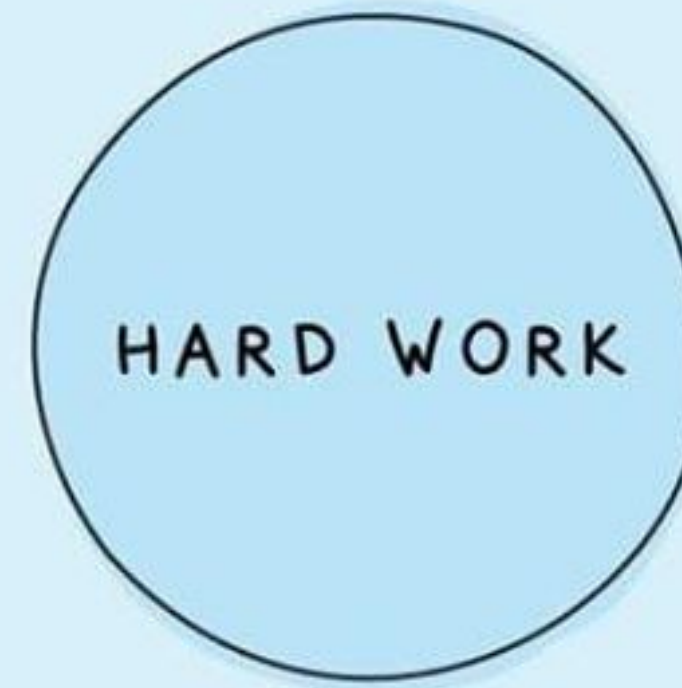
Tilbakemelding

I can live for 2 months on a good compliment

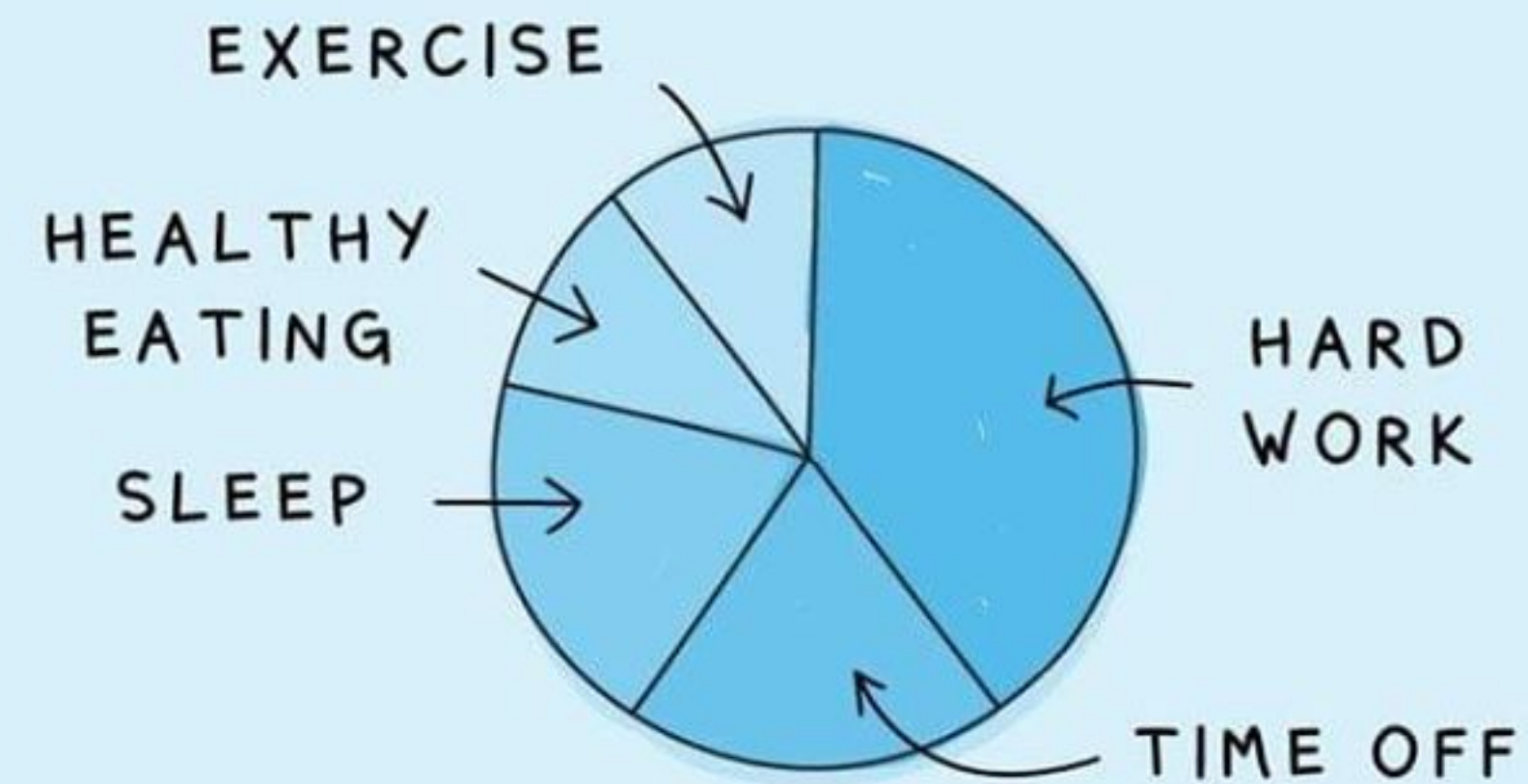
Mark Twain

Velvære

WHAT I THOUGHT WOULD
MAKE ME PRODUCTIVE



WHAT ACTUALLY DOES



Mening



Norwegian Centres of Expertise
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SjømatNorge

Mentale muskler i Havbruk

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TAKK FOR MEG!



www.psykologberge.no