

Hvordan skape
LA DOLCE VITA
på en mangfoldig &
multikulturell arbeidsplass

reality

minus

expectations

equals

HAPPINESS

TED
Talks

WHAT MAKES A GOOD LIFE?

75-YEAR STUDY

*close, meaningful
relationships*

ROBERT WALDINGER

Harvard psychiatrist, Zen priest, and psychoanalyst



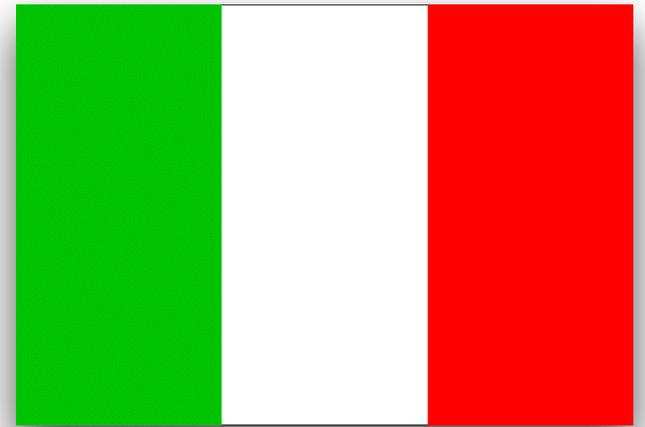
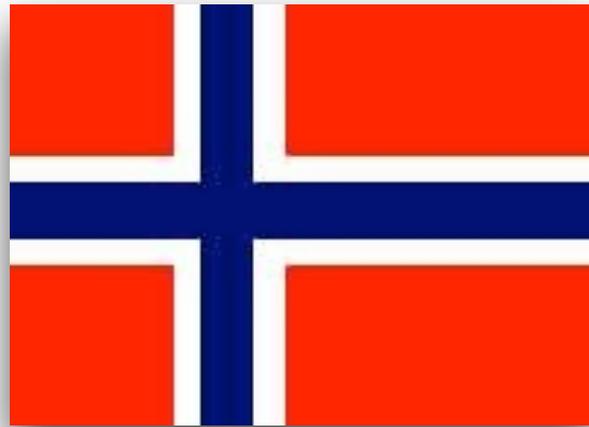
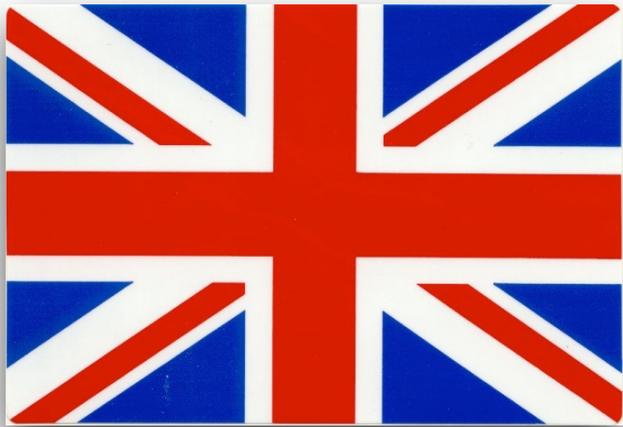
**The quality of your life
is the quality
of your relationships**

A glowing blue brain is the central focus, surrounded by various molecular structures. The background is a dark blue gradient with a bright light source behind the brain, creating a lens flare effect. The text 'the brain' is written in a large, bold, yellow font with a black outline, positioned above the brain. The text 'is lazy' is written in a bold, red font with a black outline, positioned inside a white rectangular box that is centered over the brain.

the brain

is lazy

“you can trust me”



The image features a central, glowing blue brain with a highly textured, wrinkled surface. Surrounding the brain are several molecular models, each consisting of small spheres connected by thin rods, representing chemical structures. The background is a deep blue with a subtle light glow emanating from behind the brain. The overall aesthetic is scientific and futuristic.

The BRAIN

is a party-pooper

Our **brains** are programmed to
look for the **negatives**
before the positives

**seeing negatives
is the **DEFAULT****

**seeing positives
is a **CHOICE****

Snoring

A man with a beard and dark hair is lying in bed, snoring. He is wearing a dark blue t-shirt and is covered up to his chest with a white blanket. His eyes are closed, and his mouth is slightly open. The bed has white pillows and a white sheet. The background is a plain, light-colored wall.

seeing negatives
is the **DEFAULT**

seeing positives
is a **CHOICE**

CULTURE

The way we do things
around **here**

here



here



here





You are the passenger in a car which is
being driven by your best friend.

Would you lie in court
to help your friend?



CORRUPTION PERCEPTIONS INDEX 2021

The perceived levels of public sector corruption in 180 countries/territories around the world.

SCORE COUNTRY/TERRITORY

88	Denmark
88	Finland
88	New Zealand
85	NORWAY
85	Singapore
85	Sweden
84	Switzerland
82	Netherlands
81	Luxembourg
80	Germany
78	UK
76	Hong Kong
74	Canada
74	Iceland
74	Ireland
74	Estonia
74	Austria
73	Australia
73	Belgium
73	Japan
73	Uruguay
71	France
70	Seychelles

69	United Arab Emirates
68	Bhutan
68	Taiwan
67	Chile
67	United States of America
65	Barbados
64	Bahamas
63	Qatar
62	Korea, South
62	Portugal
61	Lithuania
61	Spain
59	Israel
59	Latvia
59	Saint Vincent and the Grenadines
58	Cabo Verde
58	Costa Rica
57	St. Kitts and Nevis
ITALY	
POLAND	
56	Saint Lucia
55	Botswana

55	Dominica
55	Fiji
55	Georgia
54	Czechia
54	Malta
54	Mauritius
53	Grenada
53	Cyprus
53	Rwanda
53	Saudi Arabia
52	Oman
52	Slovakia
49	Armenia
49	Greece
49	Jordan
49	Namibia
48	Malaysia
47	Croatia
46	Cuba
46	Montenegro
CHINA	
ROMANIA	
45	Sao Tome and Principe

45	Vanuatu
44	Jamaica
44	South Africa
44	Tunisia
43	Ghana
HUNGARY	
43	Kuwait
43	Senegal
43	Solomon Islands
42	Bahrain
42	Benin
42	Burkina Faso
42	Bulgaria
41	Timor-Leste
41	Belarus
41	Trinidad and Tobago
INDIA	
40	Maldives
39	Kosovo
39	Colombia
39	Ethiopia
39	Guyana
39	Morocco

39	North Macedonia
39	Suriname
39	Tanzania
39	Vietnam
38	Argentina
38	Brazil
38	Indonesia

SERBIA

38	Turkey
37	Gambia
37	Kazakhstan
37	Sri Lanka
36	Cote d'Ivoire
36	Ecuador
36	Moldova
36	Panama
36	Peru
35	Albania
35	Bosnia and Herzegovina
35	Malawi
35	Mongolia
35	Thailand

34	El Salvador
34	Sierra Leone
33	Egypt
33	Nepal
33	Zambia

PHILIPPINES

33	Algeria
32	Eswatini
32	Ukraine
31	Gabon
31	Mexico
31	Niger
31	Papua New Guinea
30	Azerbaijan
30	Bolivia
30	Djibouti
30	Dominican Republic
30	Laos
30	Paraguay
30	Togo
30	Kenya
29	Angola

29	Liberia
29	Mali
28	Madagascar

RUSSIA

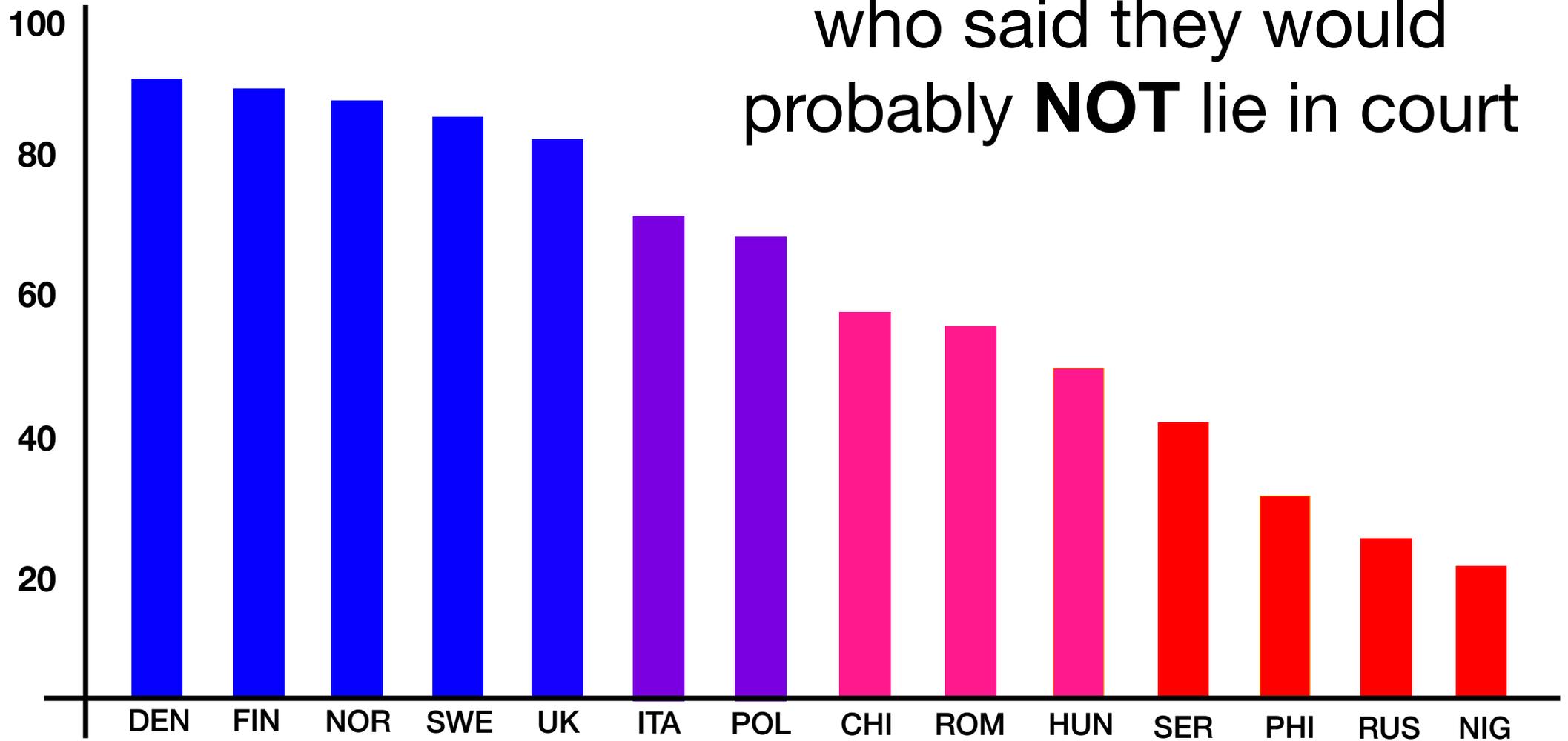
28	Myanmar
28	Pakistan
28	Uzbekistan
27	Cameroon
27	Kyrgyzstan
27	Uganda
26	Bangladesh
26	Madagascar
26	Mozambique
25	Guatemala
25	Guinea
25	Iran
25	Tajikistan
24	Lebanon

NIGERIA

24	Central African Republic
23	Cambodia
23	Honduras
23	Iraq

23	Zimbabwe
22	Eritrea
21	Congo
21	Guinea Bissau
20	Chad
20	Comoros
20	Haiti
20	Nicaragua
20	Sudan
19	Burundi
19	Democratic Republic of the Congo
19	Turkmenistan
17	Equatorial Guinea
17	Libya
16	Afghanistan
16	Korea, North
16	Yemen
14	Venezuela
13	Somalia
13	Syria
11	South Sudan

Percentage of respondents
who said they would
probably **NOT** lie in court



Behind the behaviour

there is usually a

POSITIVE INTENTION

RE+SPECT

from Latin

“TO LOOK AGAIN”

The background of the image is the flag of Norway, featuring a red field with a white Scandinavian cross outlined in blue. The flag is slightly wrinkled, giving it a textured appearance. The text is overlaid on the right side of the flag.

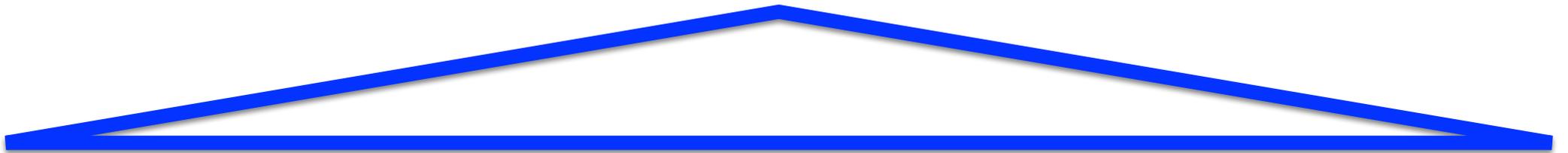
hierarchy

space

emotions

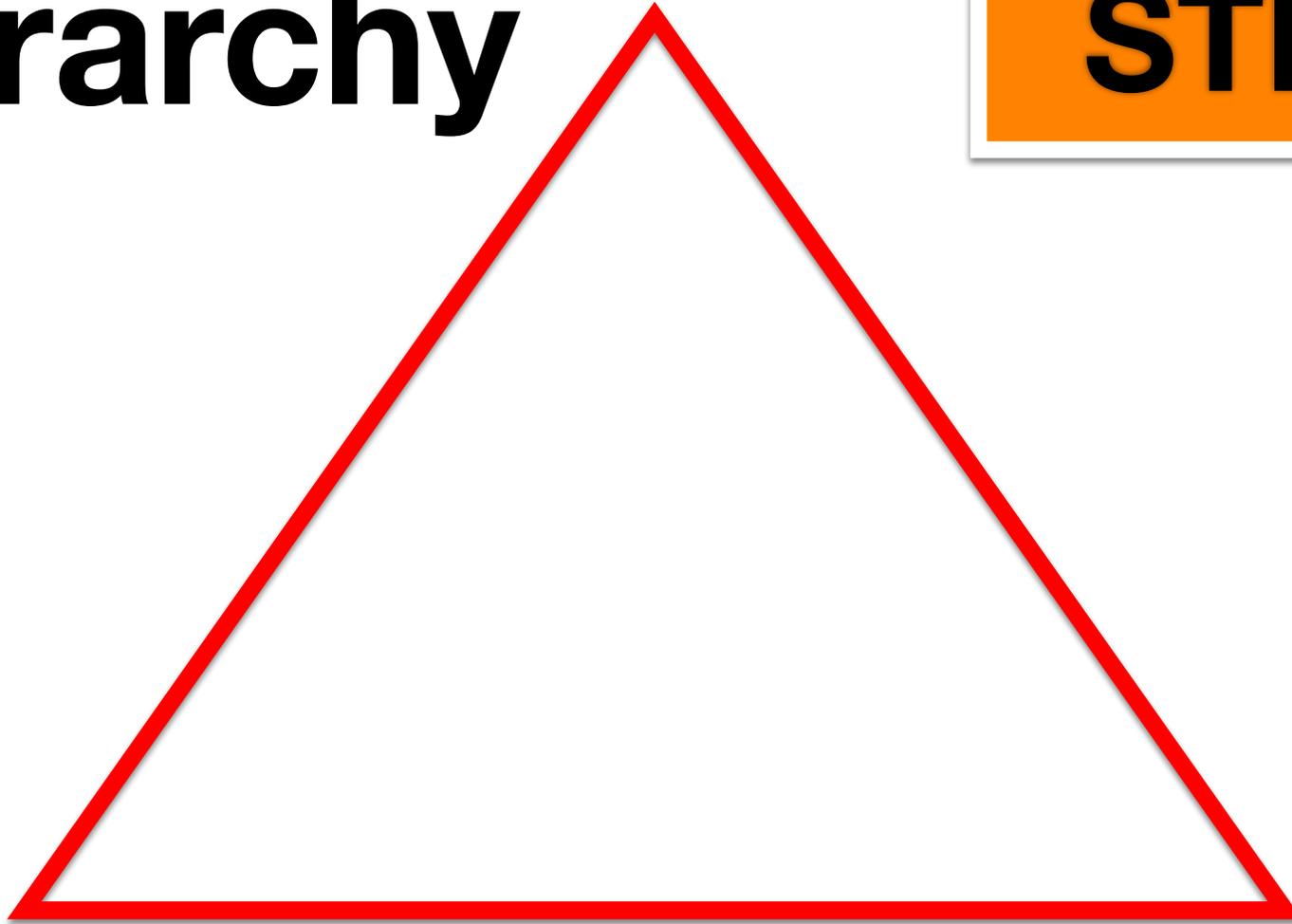
hierarchy

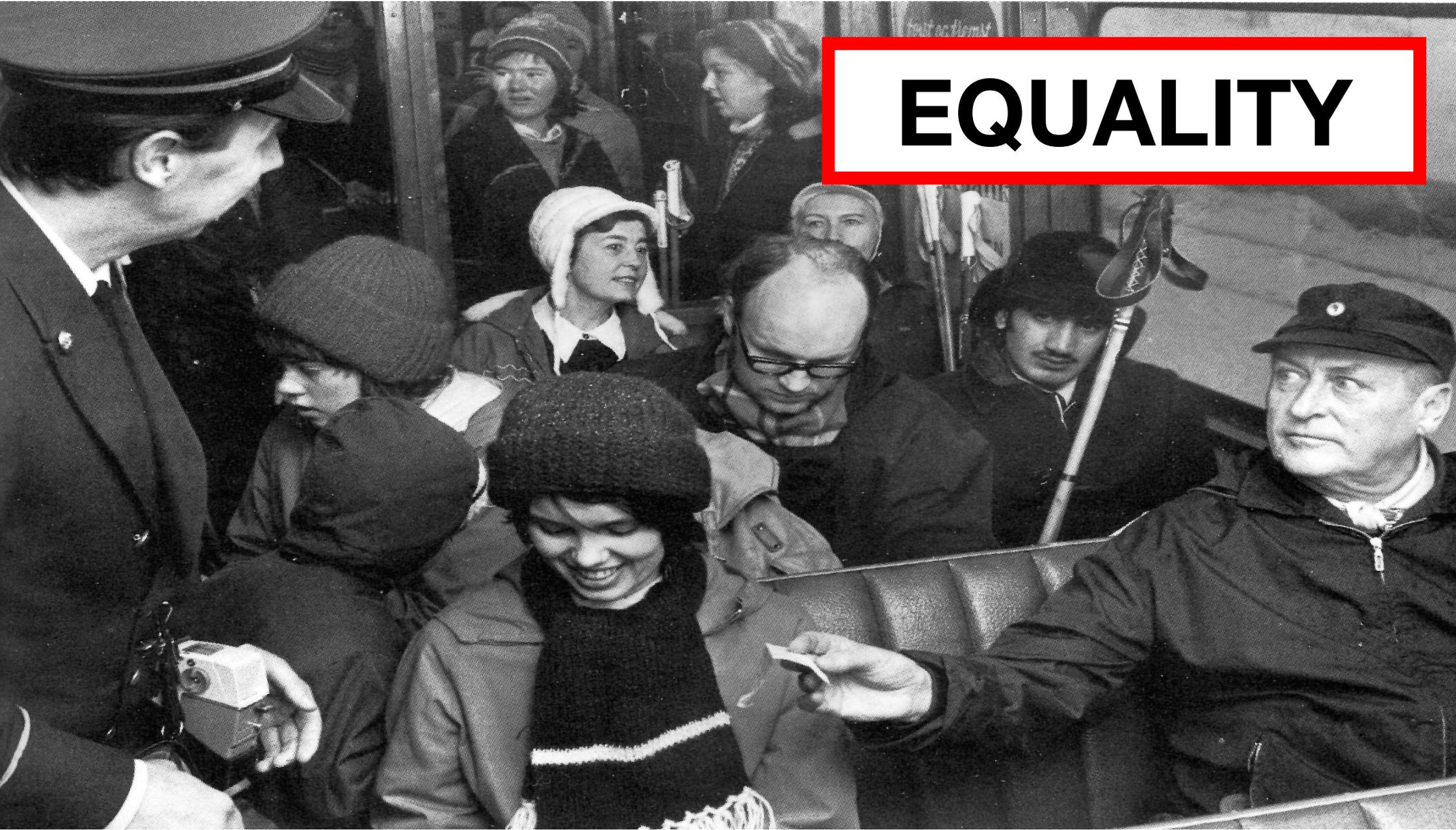
FLAT



hierarchy

STEEP





EQUALITY



“one of us”

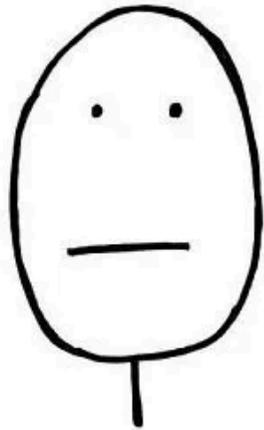
The background of the image is the flag of Norway, featuring a red field with a white Scandinavian cross outlined in blue. The flag is slightly wrinkled and occupies the central portion of the image.

NOT

showing

emotions

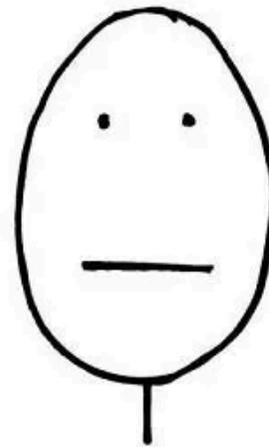
NORWEGIANS HAVE FEELINGS TOO



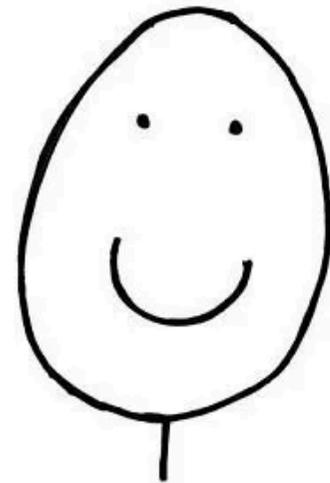
HAPPY



SAD



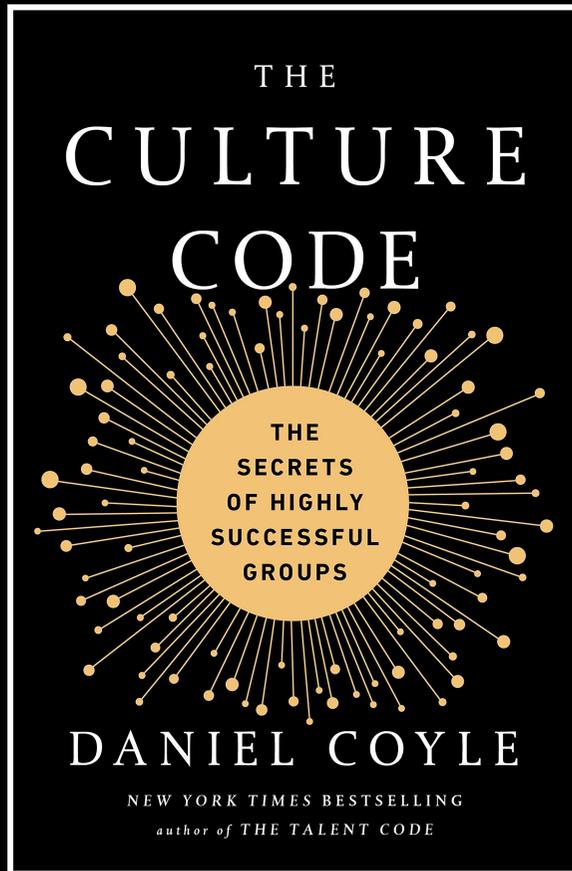
ANGRY



DRUNK

Hvordan skape
LA DOLCE VITA
på arbeidsplassen?

Daniel Coyle



THREE
RELATIONSHIP
QUESTIONS

Are we safe?

Are we connected?

**Do we share a
future together?**



Are we safe?

fear

psychological safety

A place where
you can be yourself

psychological safety

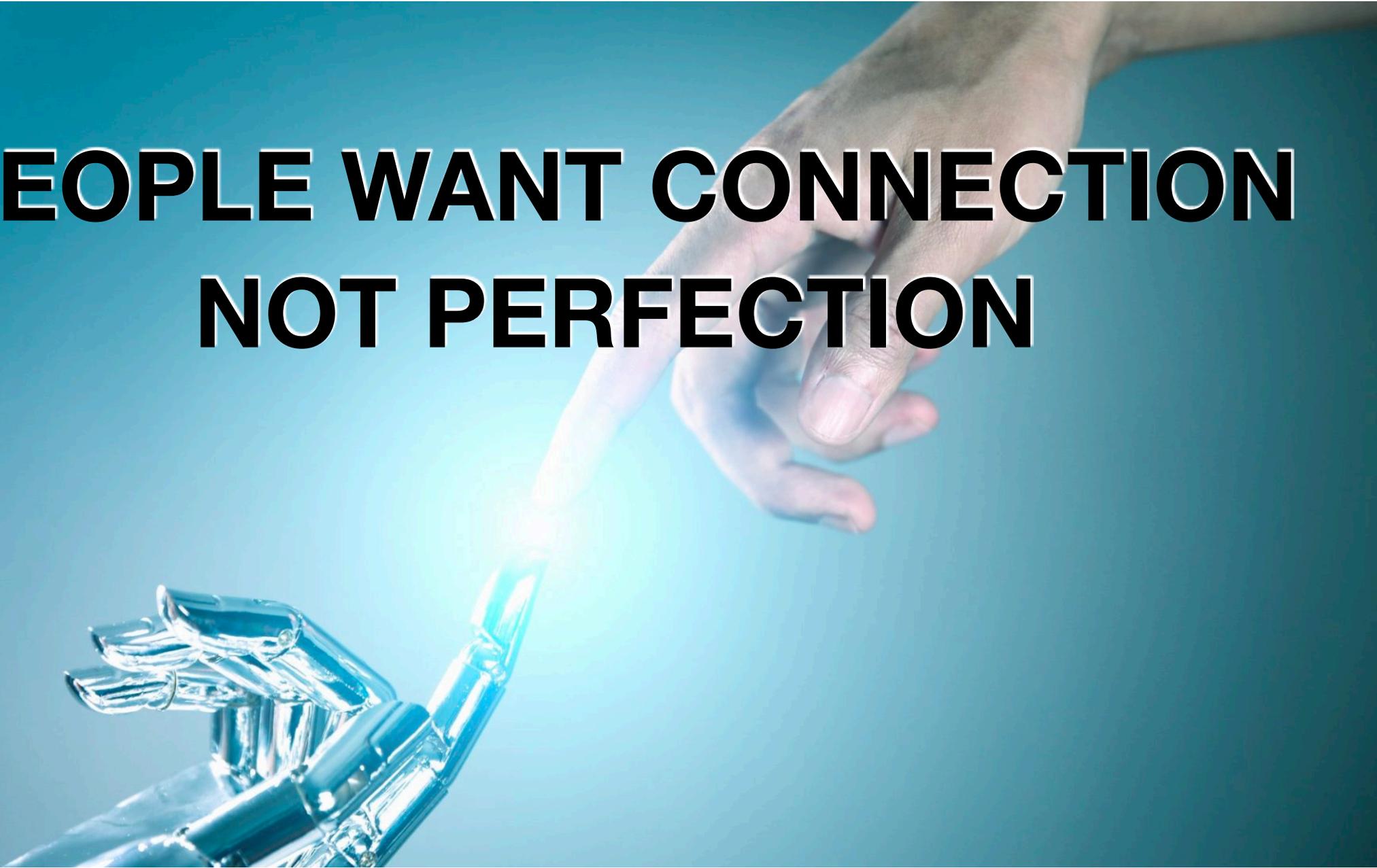
AUTHENTIC

Petter Solberg



It is not the **fart** that
will kill you,
but the **smell**

**PEOPLE WANT CONNECTION
NOT PERFECTION**



Are we safe?

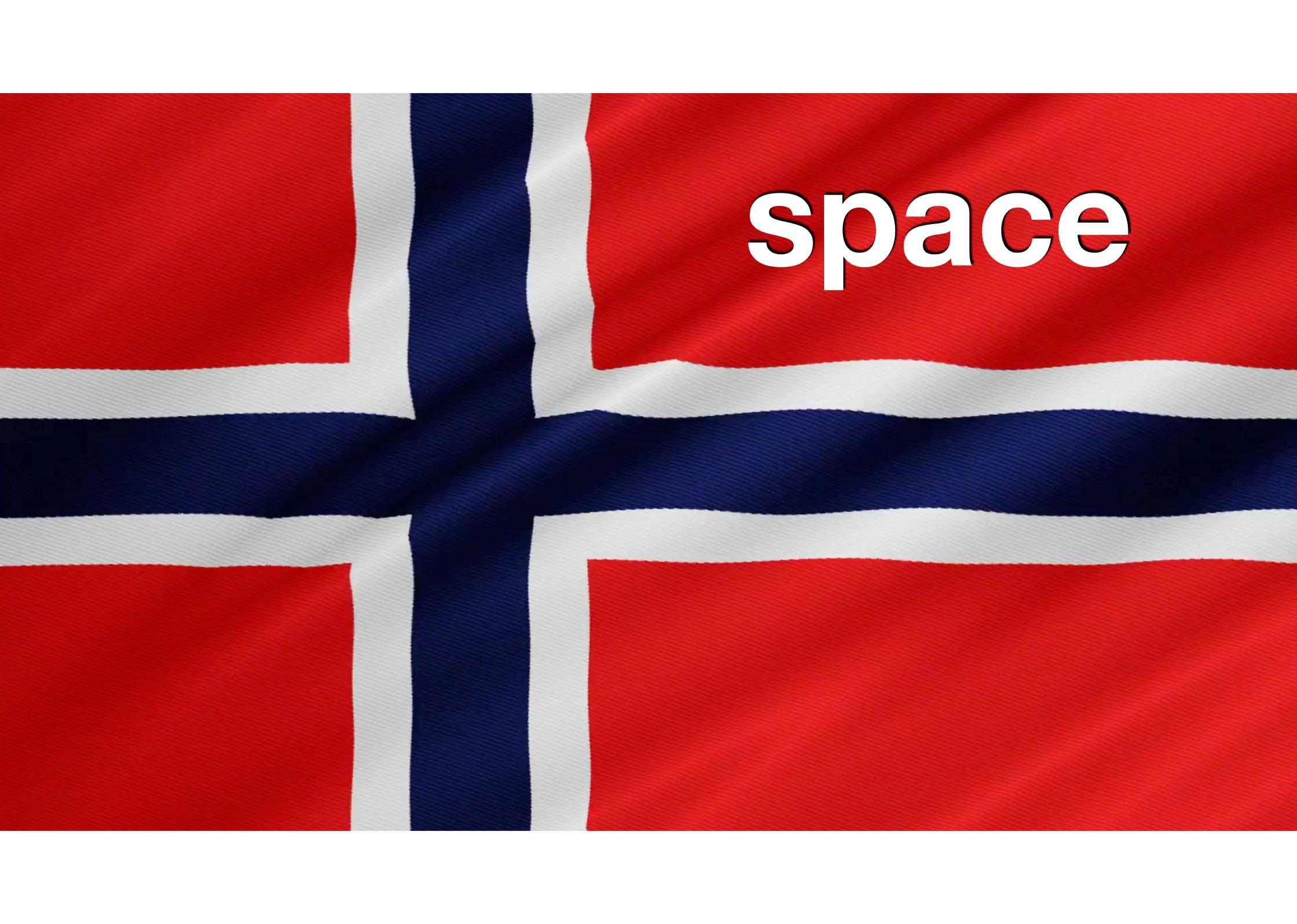
Are we connected?

**Do we share a
future together?**

Are we connected?

Our brains are wired for **connection**



The image shows a close-up of the Norwegian flag, which features a red field with a white Scandinavian cross outlined in blue. The flag is slightly wrinkled, giving it a textured appearance. The word "space" is overlaid on the right side of the flag in a white, bold, sans-serif font with a thin black outline.

space

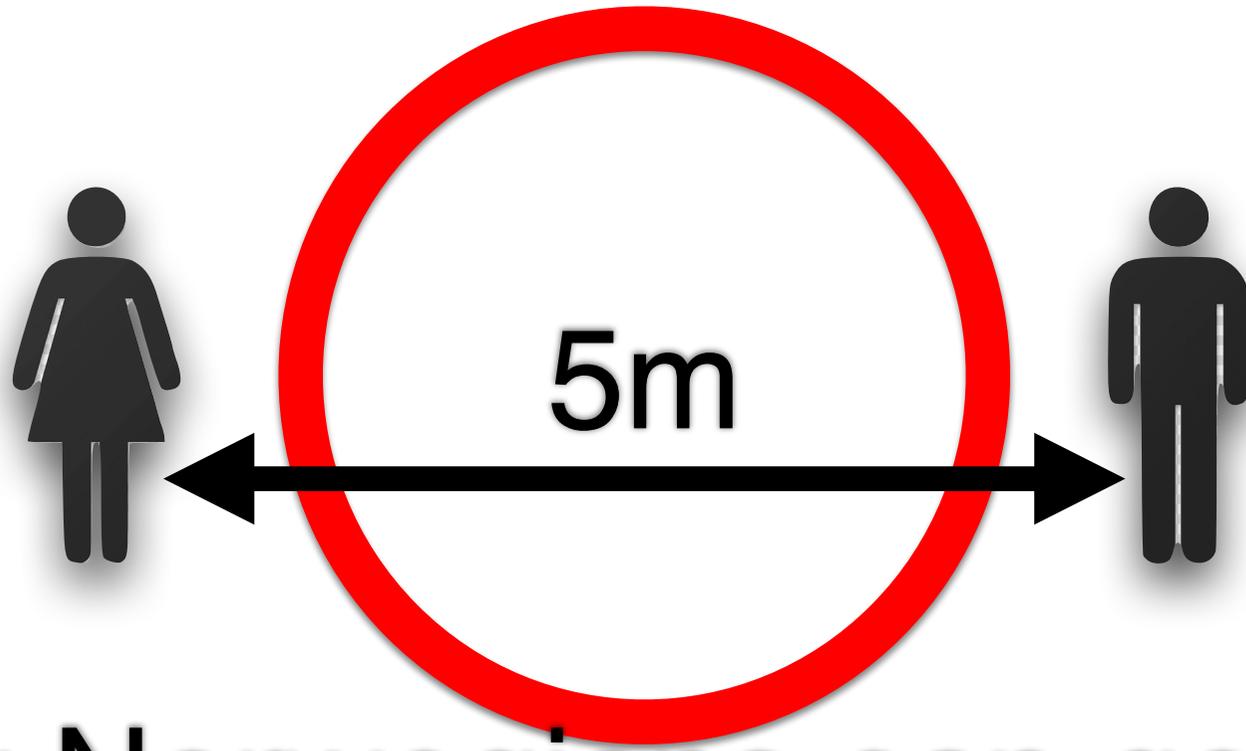
A BUS STOP IN OSLO



MIND THE GAP



Finally the horrible 2 meter distance is over



Now Norwegians can go back
to the normal **5 meters**

The background of the image is the flag of Norway, featuring a red field with a white Scandinavian cross outlined in blue. The flag is shown with a slight texture and folds, suggesting it is a physical fabric.

re+spect

DON'T PUT PEOPLE IN BOXES



<https://www.youtube.com/watch?v=zRwt25M5nGw&t=103s>

Are we safe?

Are we connected?

**Do we share a
future together?**

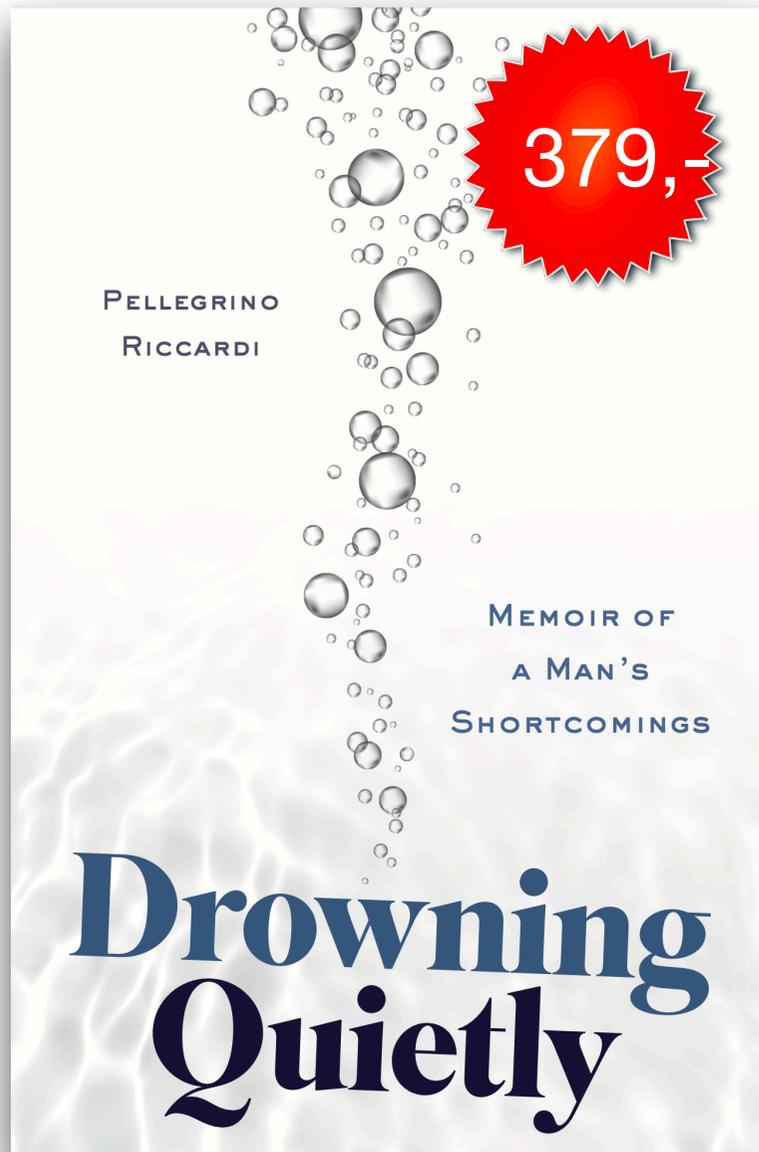


Norway's Speaker of the Year 2020

<https://www.pellegrino-riccardi.com/>

<https://www.linkedin.com/in/pellegrino-riccardi-24425a9/>

<https://www.youtube.com/watch?v=YMyofREc5Jk&t=5s>

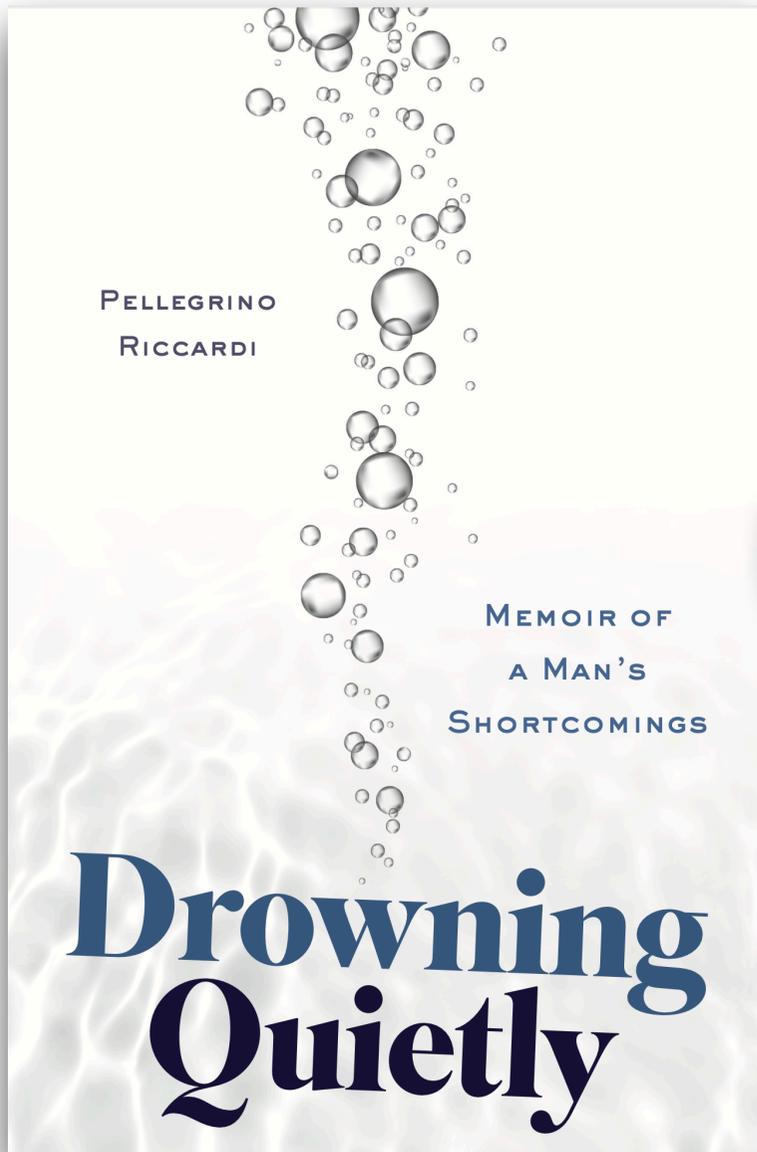


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amazon

**Amazon Bestseller in Family Health,
and in Emotions & Feelings**

★★★★★ Entertaining as well as thoughtprovoking

★★★★★ Superb story telling

★★★★★ Captivating!

★★★★★ The honesty is spellbinding

★★★★★ A book of real vulnerability and real courage.

★★★★★ Rollercoaster ride of emotions