



**Gabriele Joschko**

GEKO – Competence for health, Berlin

**Institution/project**

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**Short description of the institution/project**

GEKO – Competence for health is a consulting company from Berlin specialised in “occupational health management” and “new way of work”. We offer consulting, training and services with respect to more health in the enterprise.

**Short biographical note**

- diploma in sociology
- physical education teacher
- occupational health consultant
- 41 years old

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## Workplace-related health care offers: “Workshop assistance that provides health benefits”

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Usually, our capabilities are influenced by some kind of “internal clock”. There, biopsychological processes cause variable degrees of efficiency at different times of day. Surely, it is crucially important to reach and permanently sustain a high level of efficiency, especially in the working life. This can be achieved through a steady change of straining and relaxing phases. It is important to understand that maximum performance should always go in hand with activities that somehow balance out the strain and tenseness. In this respect, energizing breaks that are adjusted to the specific conditions (e.g. target group) at a conference, examination or workshops etc. can help participants to maintain a high level of concentration and creativity but also to efficiently use their energies. Moreover, these breaks work against early inanition, nervousness, exhaustion and prevent certain degenerative illnesses. Consequently, one can conclude that an informative supporting program that deals with the previously mentioned health aspects sensitizes participants for their own physical conditions but also for possible health support projects at their workplace. These projects, which should again be adjusted to the particular target group, need to demonstrate the necessity of relaxation, stabilization as well as independent and self-reliant action. In addition to that, these programs help to emphasize the responsible-minded culture of a modern organization.

### Objectives and contents

- Integrated recreational breaks that involve different methods and exercises for improving the concentration and performance skills as well as the working atmosphere in a team (e.g. breathing exercises, stretching exercises for shoulders and neck, cognitive and physical relaxation and revitalization, exercises for the eyes, exercises for improving the circulation, partner exercises).
- Straight tips about relaxation and revitalization that can easily be applied in everyone’s professional life.
- Additional information about how certain activities in the working time can improve the state of health and the energy curve.
- Information about the application of the various exercises at the workplace.

### Procedure

2 - 6 meetings with a duration of approx. 15 - 20 minutes:

1 - 3 morning session(s): “Ensuring optimum performance in the morning” and/or  
“Starting to work at noon” (before the lunch break)

1 - 3 afternoon-session(s): “How to cope with tiredness at midday” and/or  
“Full of vim and vigor into the afternoon”