



## 12 ENEMIES OF THE WORK PACE

1. FEAR TO SAY NO
2. LACK OF PERSONAL ORGANIZATION
3. STRESS AND LACK OF RELAXATION
4. TIME MANAGEMENT
5. UNAWARENESS OF MULTITASKING AS A SYSTEM
6. EMOTIONAL BALANCE
7. DISTRACTIONS AND DISORDER
8. DEVELOPMENT OF HABITS AND ROUTINES
9. SOCIAL MEDIA DISTRACTIONS
10. FALL INTO THE "HELPER" TRAP
11. AVOIDING DELEGATION
12. CARE FOR VALUES



## Progress

After doing some research on the state of the art in each country, a focus group online took place, and a common report was launched. Then we shared ideas about the "slow philosophy" which resulted in an extended list of **"enemies"** of the work pace. The final one features 12 main enemies for the bosses, workers and other stakeholders to acquire that way of thinking and manage well their labor duties (green left column).

In order to handle those "enemies", we came up with 24 tools and decided to divide the tasks. Each partner was responsible of two of them. Finally, they were translated into 5 different languages (Irish, Romanian, Spanish, Polish and Slovenian)

## Partners

ANDRAGOŠKI ZAVOD  
LJUDSKA UNIVERZA VELENJE



I&F  
Instruction & Formation  
LEARNING FOR LIVING

ORANGE HILL

GrowthCoop  
developing people

INDEPCIE



## Results

There are three results that were tested and multiplied:

**01. 'SLOW BOSS'**, focused on **managers** work pace and company leaders who need to handle with daily frantic rhythm of work.

**02. 'WORK SLOW, WORK BETTER'** consists of a toolkit designed for **workers** who deal with stress and can be impacted by non-healthy working atmospheres which result in a lack of productivity.

**03. 'SLOW TRAINING'**. The project consortium will develop a training material coming from the previous outputs for the companies and **facilitators** to implement it through an online system. .

## FACE TO FACE MEETING IN GRANADA (SPAIN)

The second TPM of Snail Project took place from 31st August to 1st September in Granada, Spain.

Representatives of the six partners discussed about the project progress at the time, such as the finalization of IO1. Then we came up with several topics related to Covid-19 issues and its consequences at the workplace, taking into account its impact on work pace and considering that the pandemic is likely to become the 13th “enemy”. We also engaged the following Intellectual Output (IO3) and shared the progress related to disseminations activities of the project already made.



[HTTP://WWW.SLOW-WORK.EU/](http://www.slow-work.eu/)

[HTTPS://WWW.FACEBOOK.COM/SNAILPROJECT](https://www.facebook.com/snailproject)



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