

The meeting movement is a new way of working, one that's centered on well-being, social interaction, and distributed creativity.

## Well-being

Our well-being should reflect all aspects of how we work. In the new way of working, well-being isn't just about work-life balance, it's about how we feel when we work. When we feel at our best, we are at our best. Consider the aesthetics and ergonomics of your workspace to keep you mindful, comfortable and ready to move.



### Mindfulness

The way you feel psychologically in the workplace determines how you perform your tasks. Staying positive and resilient to setbacks and challenges enables people to be happy, thrive and avoid emotional burnout. Therefore, creating comfortable, pleasant and inspiring surroundings with leading-edge video tech and office furniture will give people the space to meet and room to think.



### Comfort

When a company prioritizes comfort, the employees know the company cares. Comfortable workplace surroundings help create a more positive and relaxed atmosphere, prompting increased motivation with people willing to produce better results. For example, an environment that's free from clutter helps remove distractions and improve concentration levels.

### Movement

Sitting for too long results in poor posture. Hunched over your desk, laptop, or a meeting room table with little movement and few breaks harms your health. Research shows that sitting smart, when combined with standing and walking around, can vastly improve people's wellness, efficiency and capability.

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