

1 JOMP INNOVATION
QUICKBOOK SERIES: ONE

HOW TO INNOVATE TOWARDS JOY OF MOVEMENT AT THE WORKPLACE

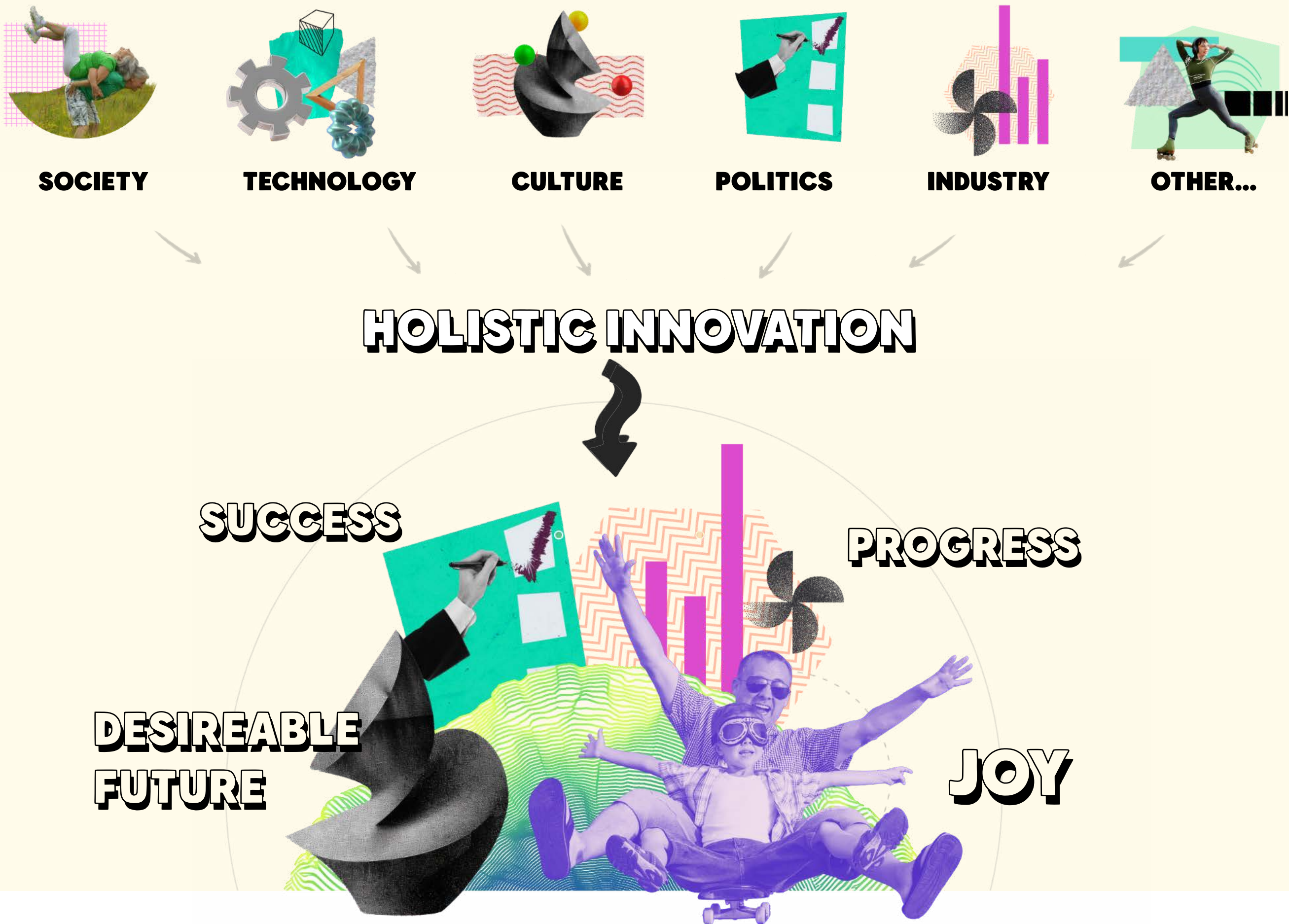
METHODOLOGY SKETCH AND APPLICATION SUPPORT



0. GROUND:

Nature and Purpose of Holistic Innovation and the Power of the JOMP philosophy

Innovation means to create something new that serves your purpose and will produce effect. This is not reduced to financial value added. Be innovative wherever you think new solutions may make sense.



A glimpse into theory...

Methodology

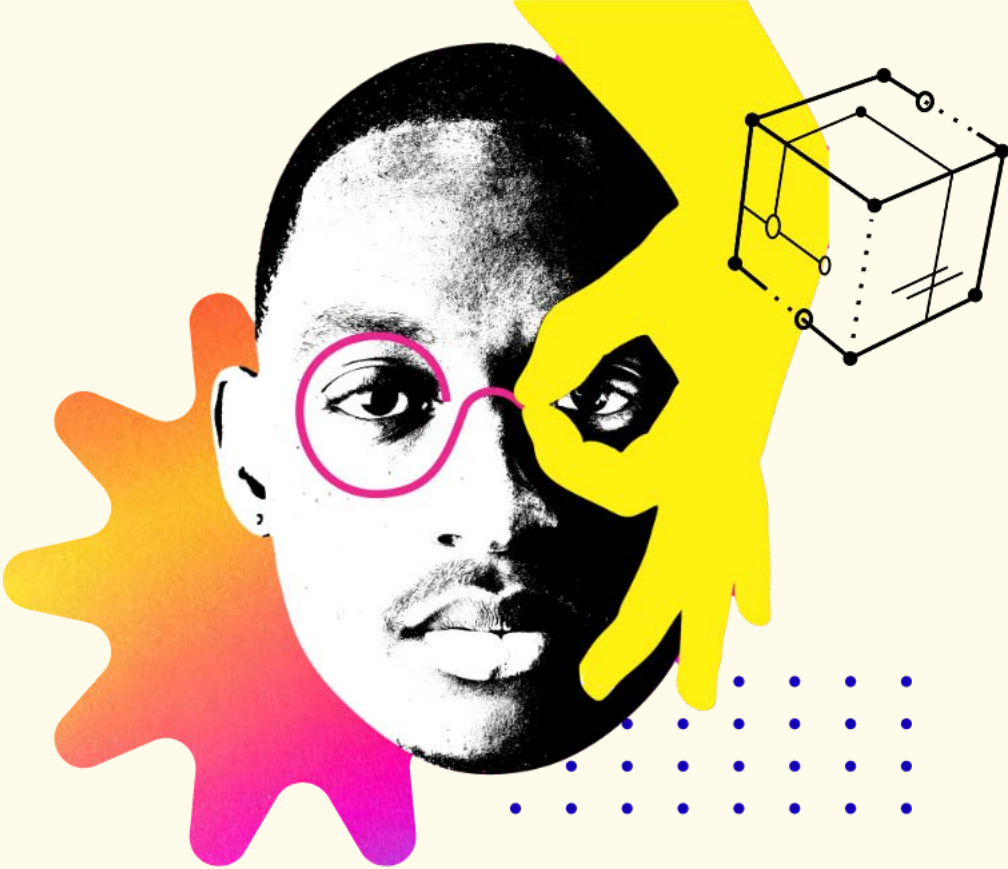
With **holistic innovation** you have an all-purpose tool to efficiently develop fitting concepts that may address almost any problem, opportunity or desire. The methodology is a blend of systematic guidance, systemic exploration, effect-oriented rigor and creative stimulation.

Holistic innovation is a systematically enhanced art of creation. It can benefit from science, management, and administration, but falls into neither category nor paradigm.

The main power of **holistic innovation** stems from the fact that at first resources are put into the determination of the right topic and focus. Ideation is well-prepared and comes rather late in the process. This results in fitting concepts and resource-efficient realization.

Management

Innovation ventures can best be organized in small efficient task forces with open borders. They need experience and leeway to pursue new ways, embedded in a culture of cooperation and innovation. And at least the lead needs a fitting personality, full of creativity, passion, dedication, and guts, but also charisma, a concise working style and strong networks.



Joy of Movement

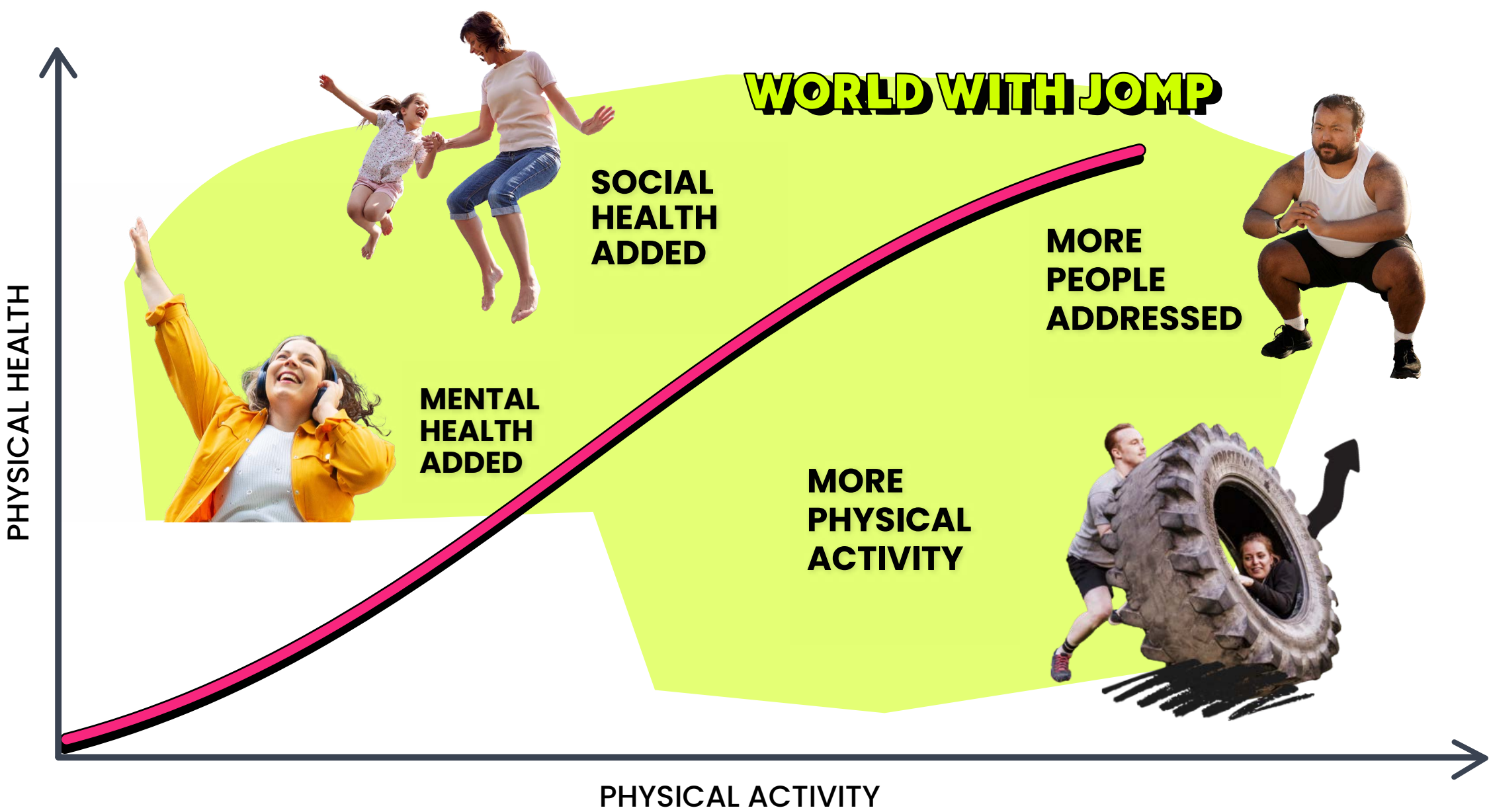
Physical inactivity is a yet growing cause of global concern, resulting in immense health burdens and related cost, and a decrease in self-efficacy, performance, and quality of life.



JOY OF MOVEMENT PIONEERS

JOMP

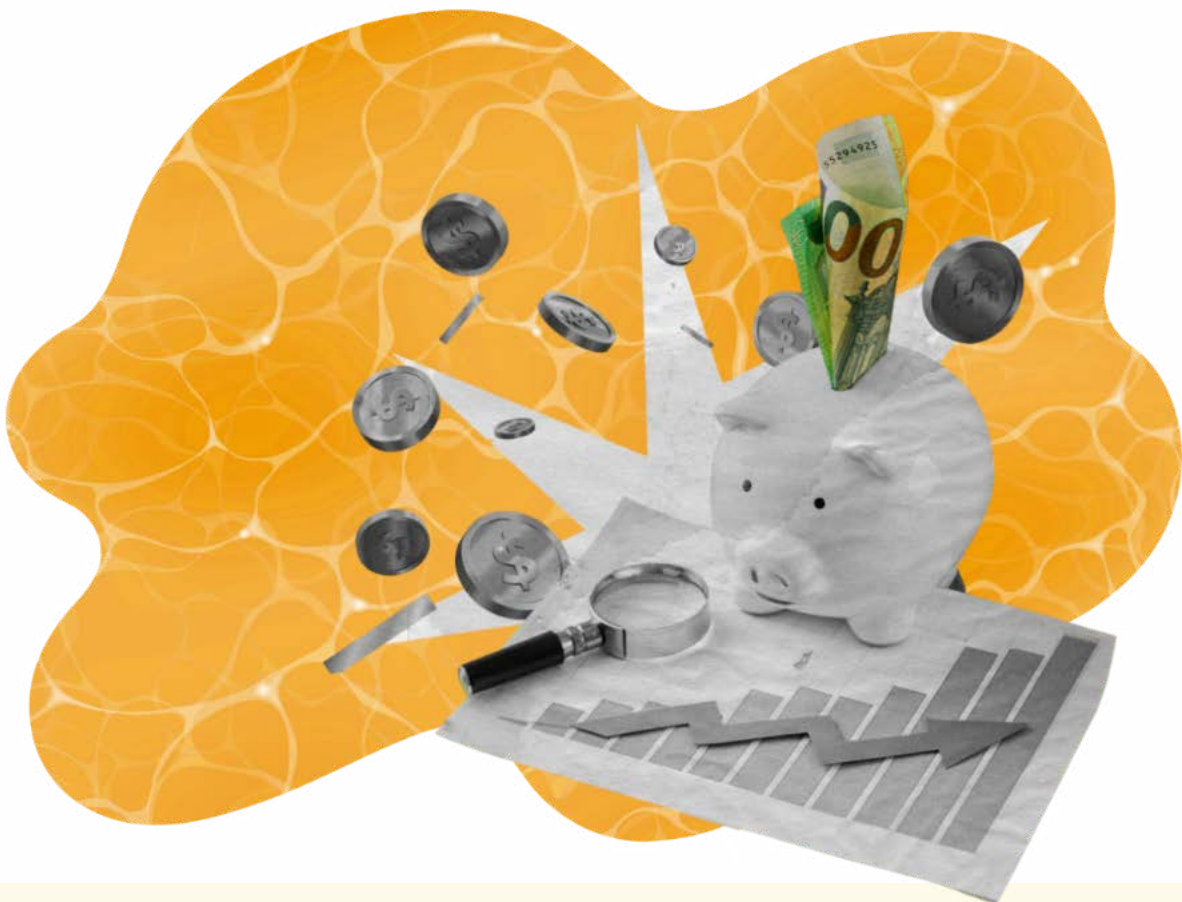
JOMP offers a game changing paradigm shift to deal with this challenge. Increasing levels of physical activity is not starting by better access to existing sports nor by persuasion campaigns, but by creating conditions and opportunities to experience joy of movement in the physical, social, and emotional lives of people.



Application in your venture to bring Joy of Movement to the workplace

Please acknowledge and consider carefully:

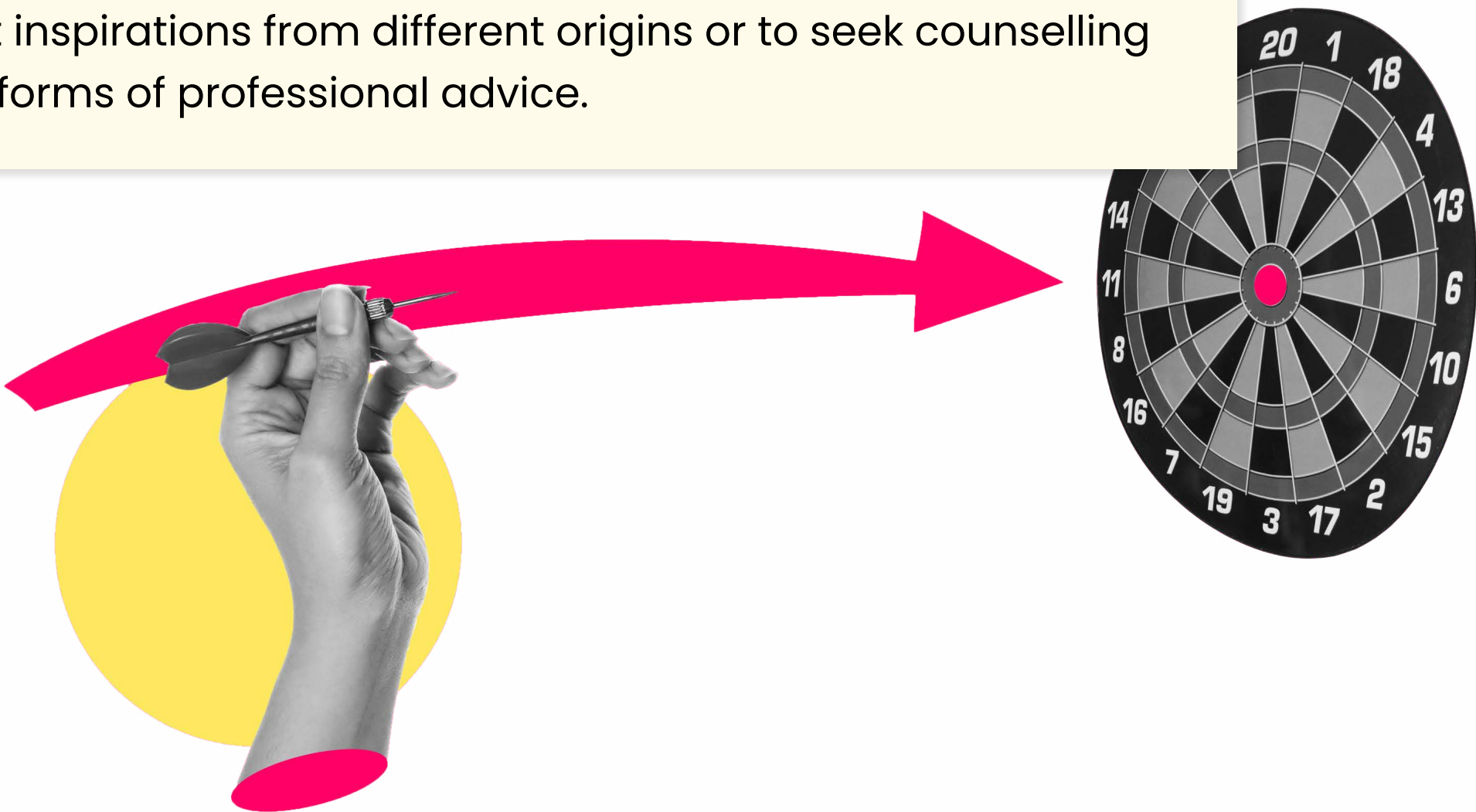
Investment in a healthy workforce more than pays off in any respect.

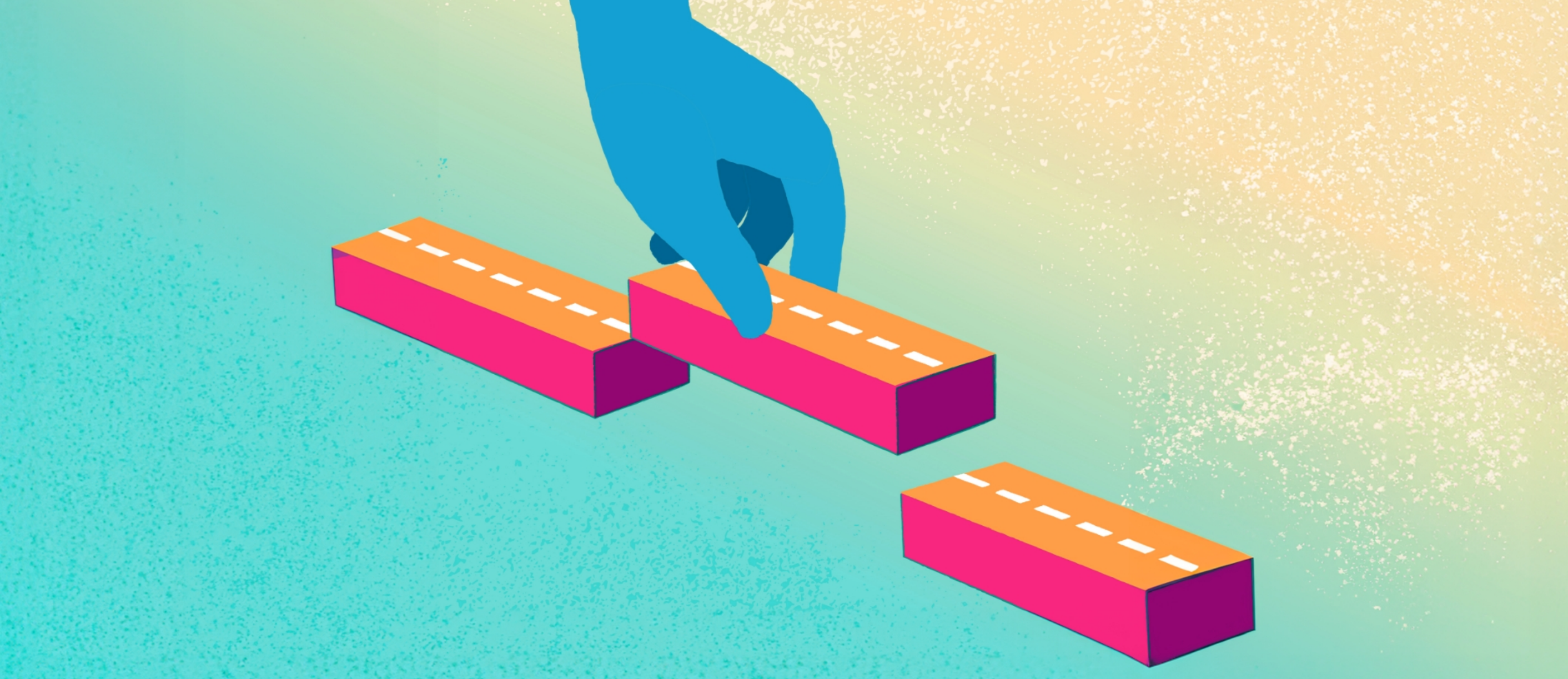


Starting with Joy of Movement will help address also those parts of the workforce with little interest in sports. Even better, it will contribute to physical, mental and social health and wellbeing at the same time.



Applying holistic innovation will help you to develop new, adequate, fitting solutions for your interests and needs. However, this will need resources, commitment, and perseverance. Alternatives are to scan and adapt inspirations from different origins or to seek counselling and other forms of professional advice.





1. PREPARE:

Getting ready for innovation success

Before you start thinking about ideas and solutions, make sure to get your environment on board and dedicated, and that there is manpower, budget and other resources you may need.

A glimpse into theory

An innovation venture has many similarities to an outdoor adventure expedition. Get prepared accordingly; in defining the goal, in mindset, in team, in resources, in equipment, in dedication and perseverance, in guts, in anticipation. If you just start with some ideas and temporary excitement you are very likely to fail.

Application in your venture to bring Joy of Movement to the workplace

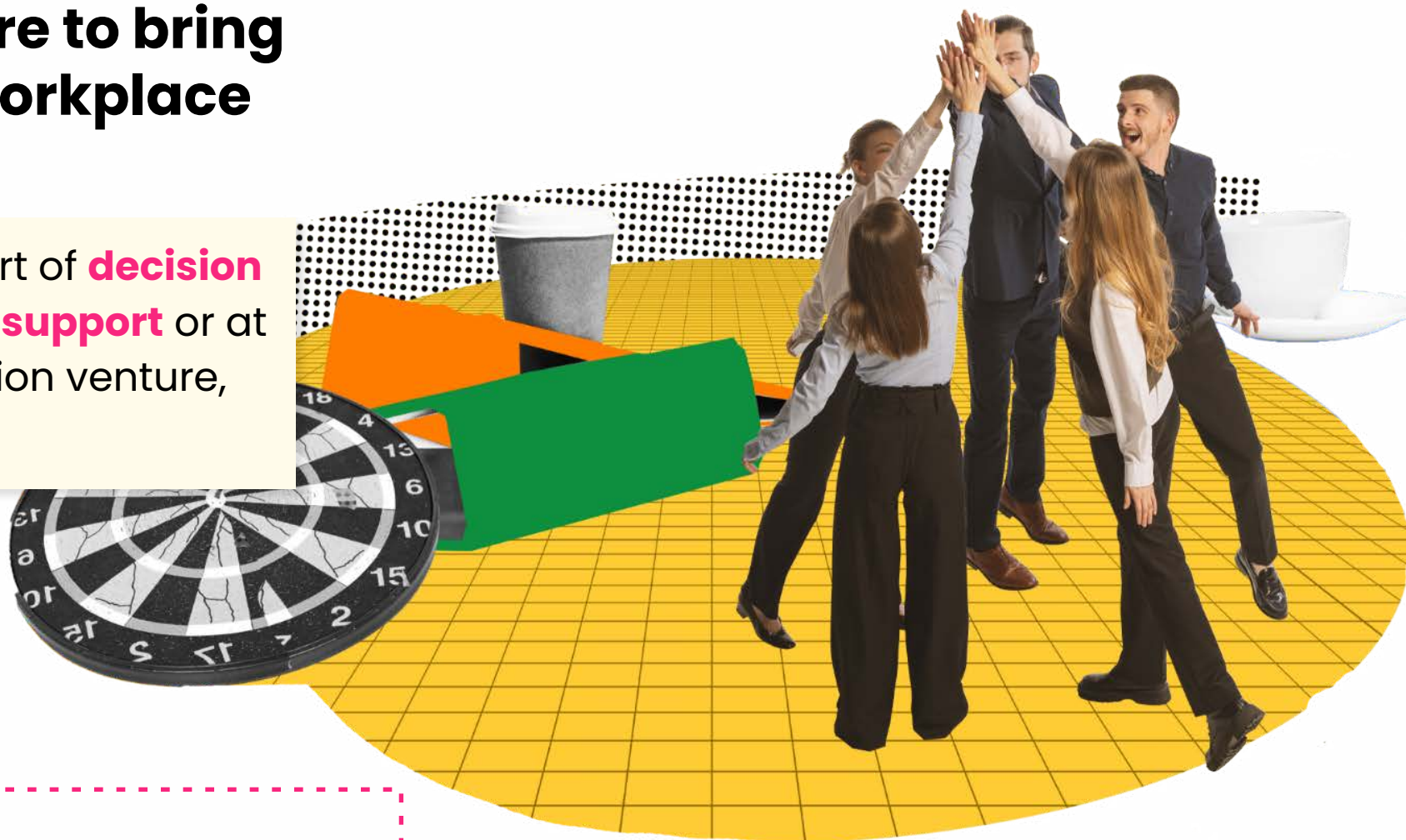
1 Make sure that a sufficient part of **decision makers in your company will support** or at least not oppose your innovation venture, for example...

... by highlighting the manifold positive effects of Joy of Movement for employees, including:

- ✓ PHYSICAL, MENTAL & SOCIAL HEALTH
- ✓ WELLBEING
- ✓ PERFORMANCE (ALSO LONG-TERM)
- ✓ SATISFACTION
- ✓ ATTRACTIVENESS OF EMPLOYER
- ✓ READINESS FOR PHYSICAL TASKS & ACTIVE MOBILITY
- ✓ AND MORE...

...by reporting data

on the specific ROI of investments into occupational health promotion:
 1 : 3,27 with respect to **savings in medical care**
 1 : 2,73 with respect to **savings in sick leave**
 (Note that such calculations are extremely volatile and address only part of the effects, nevertheless they cater for the need for data today)



2

Make sure there is (access to) an initial cooperation, experimentation and implementation **budget** or a similar resource access

3

Establish an initial task force.
Involve compatible innovation-ready people from core stakeholder groups

Point out the nature and needs of innovation:

- need of commitment and perseverance
- change to happen (but for the positive)
- systemic design and effect
- no guarantees for anticipated outcome
- character of adventure
- adverse effects of formal demands

Considerations and activities in a related innovation workshop



Invite a heterogeneous group of best five to fifteen people; at this stage avoid people whose main competences are to be critical minds



Create an atmosphere of excitement, creativity and trust; provide for experiences and experimentation; take care of creative catering



Determine and communicate the main purpose, objective(s) and limitations of the workshop and possibly its role in the overall innovation venture



Establish the resource framework and communicate the potential scope of the project and relevance of the workshop results



If this is not just a learning experience, make sure that in parallel the ground is being prepared for a successful innovation venture (see above)

2. DETERMINE

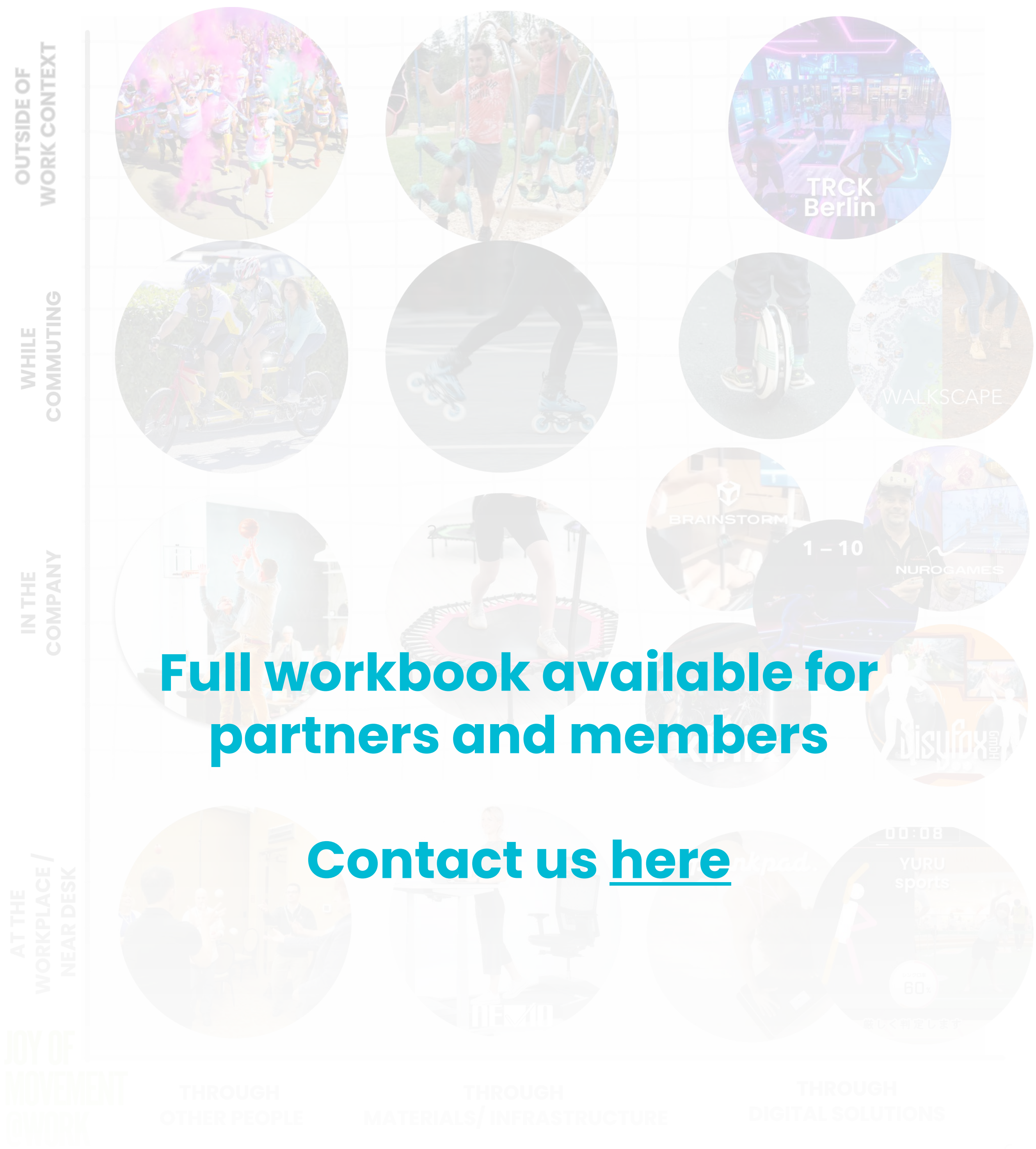
Finding approaches with maximum success

To create maximum effect in your innovation field it is useful to first have an overview over all opportunities to address your objectives, and on that basis determine the most promising innovation corridor.



OPPORTUNITY MAP: JUMP AT WORK

(OVERVIEW OVER THE SCOPE OF POSSIBLE SOLUTIONS)



Full workbook available for partners and members

Contact us [here](#)