

Feedback

Zen Intro Nokia Siemens Networks Course 7. May 2008

NN1:

Jeg synes at Zen Management Training skal tilbydes I NSN som det har været gjort I Nokia i 4 år. Disse kurser er og har været en stor succes. For mig personligt har det hjulpet mig med:

- Fokus / koncentration
- arbejdskvalitet.
- Stress håndterings evne

Dvs. jeg mener at kunne udføre mit arbejde mere effektivt. Desuden har det hjulpet mig privat med:

- Balance mellem arbejde og privatliv
- Har fået struktureret health activities
- Startet mere kreative aktiviteter (musik, teater osv.)

NN2:

I would recommend the Zen workshop to be offered to all NSN employees. The introduction was a really good source of inspiration and I am sure that I will use Zen in the future. A very useful tool in mostly a work / life balance.

NN3:

Jeg vil meget gerne anbefale kurset til mine kolleger. Det er rart at kunne gå herfra med et redskab så simpelt og lige til, som også kan bruges I vores privatliv. Det vil for mig kræve lidt tilvænning og øvelse men jeg vil rigtig gerne... Og kurset kom for mig på et godt tidspunkt. Tak for at jeg måtte være med og for at jeg fik venlige svar på mine mange spørgsmål.

NN4:

I think the Zen Management course is recommendable to my NSN colleagues because it can increase their concentration, energy, self awareness, work-capacity and social-networking and not only at work but in their daily life. A happy employee means a better employee.

NN5:

I think the course is recommendable for NSN to help people balance work life, prioritize their work and cope with challenges and uncertainties.

NN6:

I whole heartedly recommend this Zen meditation course to all my colleagues.

NN7:

In my opinion NSN should recommend the Zen meditation course to all it's employees. It is a great tool which enables you to cope better with both work related and personal issues.