

How do you create a good balance in hybrid work? Research project

Are you curious about how to create a healthy and productive framework for both remote and on-site work at your workplace? Now you have the opportunity to gain valuable insights and practical tools by participating in a new research project from the National Research Centre for the Working Environment (NFA).

NFA is looking for workplaces with at least 100 employees to participate in a new research project developing concrete tools that can support you in creating a good working environment in hybrid work settings. Data collection—including questionnaires and other materials—will be available in both Danish and English.

About the project

Hybrid work – a combination of working from home and being physically present at the workplace – has become a permanent part of daily life in many companies. But how do we find a good balance that also supports employees' physical and mental health, collaboration, and productivity? This research project explores exactly that and develops action-oriented tools to support workplaces in creating healthy and sustainable hybrid work environments.

What does your company gain by participating?

As a participating company, you will receive...

- Actionable tools to support the development of a working environment that promotes health, productivity, and social cohesion in the workplace.
- A tailored report with data specifically about your organization.
- Research-based knowledge grounded in your own data, which can be used to develop or refine internal guidelines and strategies for hybrid work in your organization
- Expert insights into employees' physical, mental, and social health across different work modalities.

Who can participate?

We are looking for companies that...

- Have employees engaged in screen-based work who have the option to work from home.
- Have a minimum of 100 employees (more is welcome) who can participate in the study.
- Allow employees to complete a baseline questionnaire (approx. 30 minutes) at the project start, followed by monthly follow-up questionnaires (approx. 10 minutes) over 12 months.
- Invite employees to wear a small motion sensor on the thigh for 14 days.
- Make selected employees and managers (approx. 10 per company) available for interviews (approx. 30–45 minutes each).

Become part of the research – and gain valuable insights

By participating, you not only gain access to the latest knowledge about hybrid work but also receive concrete tools tailored to your workplace.

Want to know more about how your workplace can take part?

Read more on our website: www.nfa.dk/hybridarbejde

Or contact Senior Researcher Emil Sundstrup, Research Assistant Marie Raunkjær Christensen, or Research Assistant Stine Schiøler Thomsen directly at hybrid@nfa.dk

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