



TYÖELÄMÄ ONKIN HUIPPU-URHEILUA

by Keith

TECHNOPOLIS
more than squares



KEITH SILVERANG: Riding Specs

Age: 55

Height: 172 cm

Weight: 85 kilos:0(

Fitness: 10-15 hours/week

Target 2016: 12,000 km, 37 km avg. @ Royal

Riding: year-round commuting, group rides, bike trips, sportifs

Bikes: Cyclocross, 3 road bikes, 29+ MTB & a Fixie

2015 Highlight:

(Pico Las Neuves, Gran Canaria, 48 km climb @ 2,963 m)

2016 highlight:

Team Rynkeby charity ride to PARIS

Why Do I ride?

It's a QUESTION OF SURVIVAL!

- Job: CEO, Technopolis Plc
- Working habits: 24/7 on-call
- Working hours: 60-80/week
- Stress levels: high to insane



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THE BENEFITS

- Boosts productivity
- Makes you feel smarter
- Increases stress resistance
- Helps keep the weight down
- Helps keep blood pressure down
- Reduces sleep requirements
- Keeps you humble
- Stimulates creative thinking
- Saves a lot of money
- Supports sustainability
- It's so coool!

Teneriffe: Teide (2,300 m)



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THE POWER OF THE PELOTON

- We subordinate our ego to the team
- We subordinate our personal targets to the team's targets
- We play by shared rules & values
- We each have a crucial role to play
- We have captains, but we are equals
- We TRUST & help each other
- We boost the TEAM's performance
- The team boosts OUR performance



THE WORKPLACE PELOTON

- Work & home life are merging
- Tech makes us available 24/7
- Flexibility, efficiency, functionalism
- Shared rules, values & targets
- The workplace is home-base – where the tribe gathers
- We have captains, but we are equals
- We are individuals, but we are part of something that is bigger than us

THANKS!