

7.–8. nóvember í Hörpu

**Stjórnun
fiskveiða**

– svo miklu meira en kvóti

Time and Energy Management by Anna Liebel

Leverage your personal resources,
to maximize the resources of the ocean



HAMPIÐJAN



HÁSKÓLINN Í REYKJAVÍK
REYKJAVIK UNIVERSITY

ICELANDAIR
CARGO

ISI ICELAND
SEAFOOD

iTUB

marel

Pipar TBWA

TM



SJÁVARÚTVEGS
RÁÐSTEFNAN

2024

“Fill your cup first”, rewritten



Ocean is fragile. So are you



The journey of improving your industry is a tough one.

Be gentle with yourself.

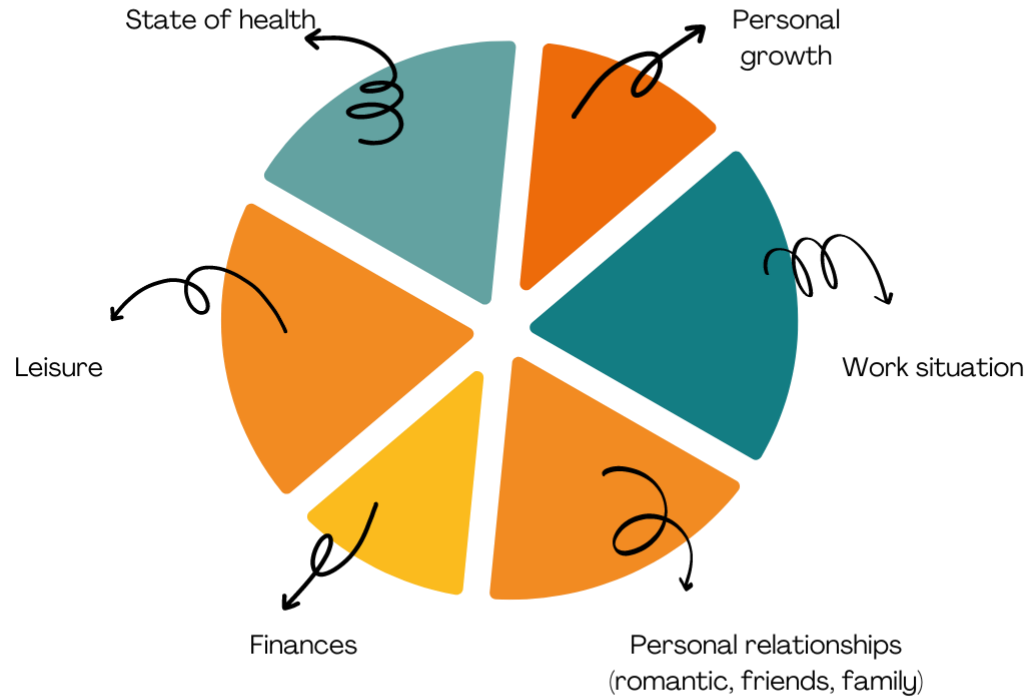
Taking rest IS NOT being lazy! It's being smart and having long-term focus.



Some **mindshifts** and **practical tools** you can use



Energy budget





Let's talk **boundaries**

Set your boundaries.

Even more importantly, **protect them** once they are set.

Several practical tips:

🌀 Do not spend ad hoc time on issues that can be dealt with during your **existing routines**.

🌀 Take advantage of **asynchronous collaboration** ("I decide when and how to deal with it") to reduce/eliminate rushed meetings.



Saying “no” with style

There are **many different ways** to say “no”:

- 🌀 “No” can be used as a full sentence.
- 🌀 “I cannot this week, but will have more time next week”
- 🌀 “I’m not the best person to help you. But Lára has more experience with this topic”
- 🌀 “I can do x but that would mean I need to pause/postpone doing y. Are you OK with this prioritization update?”
- 🌀 “I can help you with x if you help me with y”
- 🌀 “I could help you with this part of the task, but not the others”



Self-care “burgers”



Me-time menu

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OPNI HÁSKÓLINN
Í HÁSKÓLANUM Í REYKJAVÍK



Thank you and
Take care!