

Friday May 10 2019 – Seminar

08:30-09:00	Register and networking
09:00-09:20	Welcome to IMA Sweden Spring seminar in Lund IMA Sweden Chairman and Moderator Johan Wester
09:20-10:20	Design your Future – Maximize your potential to create sustainable habits for health and reach new levels of results! Monica Jaxelius and Jeanette Dahlgren
10:20-10:50	Coffee break, networking and business exhibitors
10:50-11:50	A Rockstar among Executive Assistants Elena Aylott
11:50-12:30	Summarizing the morning and presentation of our Gold Sponsors
12:30-13:30	Lunch, networking and business exhibitors
13:30-13:40	Grand Hotel on stage
13:40-14:25	What is Internet of Things (IOT)? Stefan Calling
14:25-15:10	Go Slow – Lower the pace without losing speed Trine Grönlund
15:10-15:40	Coffee break, networking and business exhibitors
15:40-16:30	Who really rows across the Atlantic? - a story of purposefulness and of stretching your boundaries Erik Grafström
16:30-17:00	Summarizing the day
17:00	End of the day
18:30-19:00	Welcome drink and networking
19:00-sent	Dinner with entertainment at Grand Hotel

Please note that times are preliminary and could be changed.

Saturday May 11 2019 – Annual General Meeting

08:30-09:00	Registration
09:00-11:00	IMA Sweden Annual General Meeting 2019
11:00-11:30	Coffee break
11:30-13:00	International Inspirational speaker Diana Brandl Management Assistant 4.0 – The skillset for future office leaders
13:00	Lunch with sparkling

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