

# Welcome to SÄKU Conference 2026!



The time has come for the fourth SÄKU Conference! We are happy to welcome Martin Sjögren and Fredrik Kristoffers from The New Leadership as our guides and mentors!

2026 year's theme is *change through self-leadership* and how you can accelerate change within your area of responsibility in relation to the Health & Safety domain. As previous years, the conference will be workshop-based and you'll get the chance to mingle and chat with lots of curious SÄKU members from a wide array of sectors and backgrounds!

The conference is open to everyone, but it's especially targeted to you who want to learn more about your own leadership competencies and potential for change, and how that can help to strengthen yourself and your organization.

The SÄKU Conference will take place at Sästaholm mansion and conference center, located close to Stockholm and Arlanda.

## INFORMATION

<b>Date:</b>	<b>Early Meet Up:</b> 21 September, afternoon – evening
	<b>Conference:</b> 22 September, 9:00 CEST – September 23, 14:30 CEST
<b>Price until 31 May (early bird):</b>	9 500 SEK, plus room charges (1 692 SEK per person/day)
<b>Price later than 31 May:</b>	11 000 SEK, plus room charges (1 692 SEK per person/day)
<b>Registration:</b>	SÄKU Homepage ( <a href="http://www.saku.com">www.saku.com</a> )
<b>Location:</b>	Sästaholm Herrgård & Konferens, Täby, Sweden ( <a href="http://www.sastaholm.se">www.sastaholm.se</a> )

Tickets are limited. Book your space today!

## CONFERENCE PROGRAM

### Background and theme

One of the main challenges for many organizations today is change and one area always destined to change is the realm of Health & Safety, due to both internal and external factors. But how can one manage change in a more healthy, effective and sound way? And where to start? That's this year's theme of the SÄKU Conference!

### New Leadership Development® Workshop 2 days

You'll learn the theory and practice for direct acceleration of the change you want to see. We will work according to the 4 points below during the days.

When you finish the days, you will have received practical tools to lead your change, gained new perspectives, expanded your network, and a plan to use the knowledge directly in your everyday life and work life.

### Preparation

Before the conference, you'll receive a study assignment and be asked to reflect for the development workshop. You'll also be invited for a preparatory digital pulse meeting. These tasks aim to help you get better results from the conference workshop.

### Tuesday, 22 September

- Leadership - the foundation; responsibility and values.
- Leadership - the practical work to achieve results in your own leadership. In practice how to work with yourself and others in four leadership competencies.
  - Goal orientation,
  - Habits & Attitudes,
  - Time handling, and how to use
  - Your leadership qualities as a tool.
- Case - you will get the tools and we use them directly in your area of responsibility, your own case or challenge. Feel free to bring a goal/assignment/area of responsibility that you want to accelerate the change in.

During the day we support our reasoning and discussions with empirical evidence and research in Neuro Science.

### Wednesday, 23 September

- 5 steps to help others grow®  
How do you build commitment and capacity in others towards your goals and results? We work through The New Leadership model "5 steps to help others grow®" and do it with theory and practice straight into your everyday life.

Summary and possible activities to continue the work at home.

### Follow up

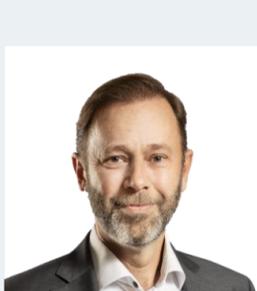
After the conference you'll get the change to sign up for a closing digital pulse meeting with Fredrik and Martin after 1 month.



## About The New Leadership

### THE NEW LEADERSHIP

Fredrik Kristoffers and Martin Sjögren from The New Leadership will be facilitating the conference and provide you with some tools from their program applied in more than 500 organisations world wide. The New Leadership helps people, organizations and businesses grow through clear processes and new ways of thinking.



**FREDRIK KRISTOFFERS**, M.Sc. M.E. is the founder of The New Leadership and an experienced leadership consultant with a long leadership experience.



**MARTIN SJÖGREN**, M.Sc. B.A. is a Leadership Consultant and partner at The New Leadership since sedan 7 years with 20 years leadership experience from different industries.

## SCHEDULE

21 September (Monday) "Arrival day"	22 September (Tuesday) Conference day 1	23 September (Wednesday) Conference day 2
	<b>7:00 – 9:00</b> Arrival of guests 22 Sept Breakfast for guests 21 Sept	<b>8:00 – 12:00</b> How to engage others and make your colleague the best?
	<b>9:00 – 12:00</b> Leadership foundation and personal leadership (Step 1)	Practise and usage of model 5 Steps to Grow Others®
<b>12:00 – 18:00</b> Arrival of guests	<b>12:00 – 13:00</b> Lunch	<b>12:00 – 13:00</b> Lunch
<b>16:00 – 18:30</b> Informal meet & greet/mingle opportunities for those that want/can	<b>13:00 – 17:00</b> Leadership in practice (Step 2) Applied to your situation and case (Step 3)	<b>13:00 – 14:30</b> Summary and next steps.
<b>18:30 – late</b> Dinner	<b>18:30 – late</b> Dinner	How to connect learnings to your daily work