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Dear Ines

Welcome to the August careers edition of actunews – the special interest newsletter for the actuarial profession. In addition to four articles on our focus topic "Self-Management - the key to success", this newsletter features recent job adverts posted on actupool as well as inspiring video recommendations from our partner platform actuview.

We want to make reading this newsletter useful and worthwhile for you – please let us know what you liked or disliked and what focus topics could be of interest to you in future editions. Send us an email to contact@actupool.com!

Focus topic

The Actuaries

Self-Management – the key to success

Everyday life at work consists of appointments, projects and cooperation with colleagues. Many different tasks arise in the process, which each individual employee has to organize for themselves. Self-management is an important skill that helps us to structure working life. In our interesting interview with author and coach Dr Christian Benrreiter, we learn that self-management involves much more than just organizing one's tasks and also talk about the challenges of organizing the new working day when working from home. Which online tools are indispensable for organizing yourself and how self-organization is more effective explains JCW in its article "Finding time that works for you". In the third article, "Seven tips for a better work-life balance when working from home" we learn how to maintain a balance between work from home and private life. How ERGO supports its employees in self-management is described in our fourth article "Self-Management for Challenging Times".

Career Blog

The Actuaries

"Self-management is not just getting better organized" – Interview with Coach and Author Dr Berreiter

As a systemic coach and supervisor, Dr Christian Benrreiter, has been working with employers and employees for many years, gaining insights into various working environments. The topic of self-management in everyday work is vital for all employees. He tells us which problems usually occur and what he can recommend to remedy them.

Read more

Working Life

Finding time that works for you

Sometimes it feels like there just aren't enough hours in the day. Many projects, numerous tasks and a full work calendar – in order to maintain an overview, it is important to structure and organize your tasks well. But how does good self-management work? In his article, JCW gives tips and reports on useful online tools that will help you organize yourself and that can be easily integrated into your daily work routine.

Read more

Working Life

Seven tips for a better work-life balance when working from home

Working from home is changing the strict separation of work and home life - 'work-life blending' is what experts call this new fading of these boundaries. That's why it's all the more important to not just strike a good balance between life and work at home, but to actually implement it. We have compiled seven tips on how this can be achieved.

Read more

The Companies

Self-Management for Challenging Times

In times characterized by VUCA (Volatility, Uncertainty, Complexity and Ambiguity), which seem to be getting faster and more demanding, companies and employees alike are looking for solutions. Self-management is the magic word that is supposed to bring order to the labyrinth of tasks. Here's how ERGO supports employees and here are the top three tips.

Read more

Top Jobs

Risiko-Aktuar (m/w/d) im Enterprise Risk Management R+V Re
06.08.2022 | Wiesbaden, Germany

Senior Consultant Versicherungen (m/w/d)
03.08.2022 | Filderstadt, Herzogenrath, Munich, Germany

Senior Actuary (d/f/m) Global Pricing
01.08.2022 | Cologne, Germany

Senior Aktuar / Data Scientist (m/w/d) für das Pricing Aktuariat
28.07.2022 | Unterföhring, Germany

Longevity Actuary
28.07.2022 | London, UK

Finance Manager (m/w/d)
22.06.2022 | Dusseldorf, Germany

Actuarial Analyst
27.07.2022 | Dubai, UAE

Mathematiker (m/w/d) in der Schaden- und Unfallversicherung
26.07.2022 | Nuremberg, Germany

Reserving Actuary (m/w/d) für interne und externe Berichterstattung
25.06.2022 | Hannover, Germany

Abteilungsleiter Partnerinkasso (m/w/d)
22.07.2022 | Dusseldorf, Germany

Number of the month

Pling – 56 times a day

According to a McKinsey study, employees are distracted from work every 10 minutes - this is 56 times a day. It takes about 25 minutes to fully concentrate again on what you were doing. Thus, on average, about 2 hours a day is spent on recovering your concentration. During the study, working in the office, scientists found that 70% of e-mail recipients responded within six seconds of receiving an email, and 85% within 2 minutes. After checking their mail, they then needed 64 seconds to get themselves together again and return to working mode.

Video recommendations on actuview

actuview

European ESG template for insurance regulations IDD and SFDR
Society of Actuaries in Ireland

Watch video

actuview

Climate Change and Life Insurance Implications
RGA

Watch video

actuview

Sustainability and the Role of the Actuary - A Professionalism Perspective
AAE

Watch video

For Recruiters

Publish your job advert on actupool

Are you looking for new employees? Post your vacancies on actupool and find the perfect candidate. We offer mini packages with good visibility to premium packages with a wide range of benefits for optimum visibility within your target group.

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