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## Short presentation

My PhD-dissertation *Mindful Work. An Ethnography of Mindfulness and the Sociality of Feeling in Danish Workplaces* investigates the relationship between mental health, work-life, wellbeing and emotionality focusing on the influx of mindfulness interventions in contemporary Danish work life. My work is grounded in ethnographic fieldwork in two companies focusing on how employees pursue mindfulness and the implications of such pursuits when carried out as part of bettering not only individual mental states but also corporate economies.

With my project, I wish to contribute to current discussions on work life, mental health, subjectivity and affective labor. The main questions guiding my research are 1) How does a person 'become mindful'? (Which social and embodied practices are involved in the enactment of the mindful person and the cultivation of 'good' emotions? What kind of subject is imagined in this process?) 2) What happens when the pursuit of mindfulness enters a corporate economy? (How are different values (economic, moral, social) entangled in and ascribed to mindfulness?)

The PhD was done as part of the international research project *Buddhism, Business and Believers (BBB)* founded by the Independent Research Fund Denmark (FRF) and the Carlsberg Foundation. The BBB-project attends to the relationship between economy and religion with a particular focus on contemporary relations between business and Buddhism, and the way in which Buddhism mediates distinctions between virtue and value, spirituality and materiality, gifts and commodities.

My earlier research includes long term fieldwork on embodied therapeutics in Rishikesh, India, studying yoga practices and ethical becoming among international tourists.

## Employment

### Asian Dynamics

Cph K, Denmark  
1 Mar 2016 → nu

### External Lecturer

Department of Cross-Cultural and Regional Studies  
København S, Denmark  
1 Feb 2024 → nu

### External Lecturer

Department of Cross-Cultural and Regional Studies  
København S, Denmark  
1 Sep 2021 → 31 Aug 2023

2016	
2015	Junior consultant at Gemeinschaft, anthropological consulting firm
2014	Lorem ipsum dolor sit amet
2013	Lorem ipsum dolor sit amet