



**Annica Glantz:
Talenom's future
looks bright**

**Meeting new
customers is
a leap into
new frontiers**
– Karoliina Sällilä

**People are
always the focus**
– Yolanda Atienza

Together

Talenom Year Book 2023

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Contents

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Sights set on the finish line

Helena Stark, who commutes from Sweden's Bålsta to Stockholm, lives a busy life. She has found a balance between work and leisure through exercise, which gives her the energy to run a family with children.

The Stockholm Marathon has been organized since 1979 and remains one of the biggest running events in Europe. Next summer, Talenom's payroll consultant **Helena Stark** can be found at the starting line – for the fifth time already.

– My dream is to finish in under 4.5 hours. I won't be disappointed if I miss that target though. I enjoy running anyway, Helena says.

Running and exercise in general is an important part of her everyday life. As a mother of two, she lives a hectic life, but she's always tried to make time for exercise. Exercise amid a busy weekly schedule keeps Helena going.

– We live in an old house in Bålsta and work on countless household projects all the time, but I try to go for a run twice a week. We also have a small gym in the garage that I visit whenever I get the chance.

Helena is not the only person in her family who exercises. Her husband used to play hockey at a professional level and now just for fun with other "old timers". The couple's seven-year-old son is an enthusiastic floorball and hockey player. He has also given golf a try. Their four-year-old daughter is starting to catch up with the rest of family. Besides the Stark family, sports fever has caught on to the rest of the neighbourhood as well.

– During the pandemic, we had an outside circuit training session with our neighbours every Sunday. They were a lifesaver at the time, Helena reflects. »

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Learning
is
wonderful.



Helena Stark's family includes her husband Fredrik and children Siri and Olof.

From hotel to payroll calculation

Helena Stark has only been at Talenom for more than a year now. She originally studied tourism and ended up working in a hotel. Helena is one of the many people at Talenom who have switched careers.

– I wanted to do something different, I wanted to do something else, because raising a family while working in a hotel was quite taxing. I had been dealing with a lot of different payroll issues in my career up to that point. Many times I wondered why payroll had to be so impossibly difficult," Helena laughs.

As such, she decided to learn payroll accounting herself. Helena enrolled into training and found the field interesting. She decided to give the work an honest try. Helena describes her job in payroll as "more manageable" than her previous post.

– Hotel work was unpredictable; anything could always happen. Now I can schedule my workdays much easier.

Helena Stark's job is to help clients with various payroll issues. Talenom's clients include numerous international companies.

– What I enjoy most about my job is getting to solve problems. I like to make things as easy and understandable as possible for the customer.

– Courage and curiosity are needed daily. Things like legislation are constantly changing. The whole industry is also digitalizing rapidly, so you need to ask questions and be curious to learn more.

– Learning is wonderful. It makes me feel like a rookie who's excited about everything, Helena says with a laugh.

It's important
to pause
sometimes. ”

Working is fun

When her husband leaves for work and the children leave for school and childcare, Helena Stark rushes to the train. The train takes the mother of two to Stockholm in roughly 40 minutes, where her work day starts just before 9 AM.

– I enjoy the train journeys. I listen to podcasts, audio books, and sometimes music. It also gives me a chance to plan the upcoming day. Remote work is fine, but I enjoy my work community and being in the office. It's very rewarding.

– I am now at a stage in my life where I want to learn this field thoroughly. It's important to have a goal in my work, like the finish line at a marathon. However, I also want work to be fun, and in this community it is. I feel like I'm in my dream job.

Helena's work day lasts until 4 PM, after which it's time for the return trip. Back home, she focuses on hobbies, leisure and family time. Helena heads out for a run if she can fit it into her schedule.

Even though her everyday life is full of activities and even exercise, she also knows the importance of taking a breather.

– Sometimes you need to pause for a bit. I try to slow things down and just breathe. •

