



'Health is not everything, but without health everything is nothing.' - Arthur Schopenhauer

Resilience by Mindtrain

For better psychological safety

HE TOPIC OF 'PSYCHOLOGICAL HEALTH' MUST NOT LEAVE US COLD!

Even if companies are not primarily the cause of mental health problems, they are still affected when employees are absent due to mental health problems.

Ensuring occupational health is a management task!

In 2022, an average of 17.75 % of the population aged 15 and over were exposed to medium and high levels of psychological stress, 9.8 % suffered from symptoms of depression and 7.75 % were receiving treatment for mental health problems. Anxiety disorders affected 9.7 %. Women on average more than men. This means that around 10% of employees are potentially affected.

Psychische Gesundheit

	Männer	Frauen
(Hohe) Vitalität und Energie, in % ¹ (2022)	50,5	40,1
(Geringe) soziale Unterstützung, in % ¹ (2022)	9,9	9,4
Mittlere oder hohe psychische Belastung, in % ¹ (2022)	14,4	21,1
Depressionssymptome, in % ¹ (2022)	7,9	11,7
Behandlung infolge psychischer Probleme, in % ¹ (2022)	6,0	9,5
Angststörungen in den letzten 12 Monaten, in % ¹ (2022)	7,5	11,9
Suizide (ohne assistierten Suizid) (2022)	695	263

Quelle: Bundesamt für Statistik, Sektionen Gesundheitsversorgung, Gesundheit der Bevölkerung

What can leaders do? Mindtrain shows!

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Why Mindtrain? Because Mindtrain accompanies from experience.

David Bärtsch experienced his own burnout story in 2015.

He knows first-hand the effects on the business environment and the family. He has learnt along the way how people can react in stressful situations and has trained in stress coaching. He has mastered the way back into his new life.

He also worked for many years in large organisations and was a team leader of global teams. He knows the issues from the perspective of a manager but also from the perspective of the organisation.

Therefore well accompanied from experience!

From practical and personal experience.
Authentic and empathetic.
For live balance.




Live balance - as a leader and as a person

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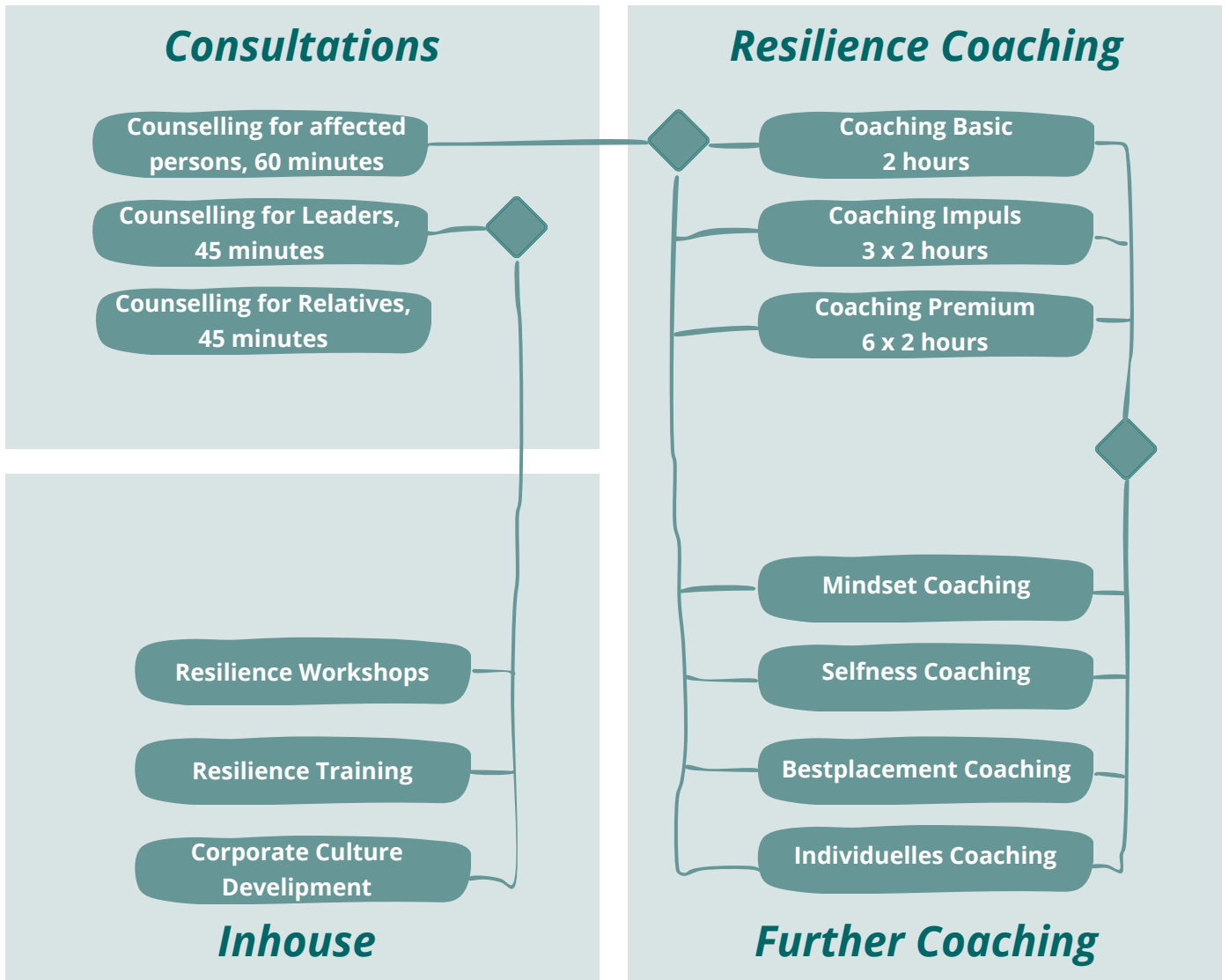
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Offer overview



Combinable development paths with Mindtrain

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