



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

Burnout counselling for affected persons

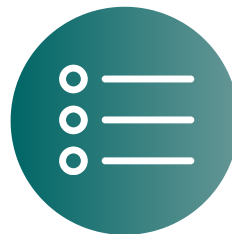
LIVE-BALANCE IN PERSONAL RESPONSIBILITY



Benefit

Stress and burnout can only be resolved through personal responsibility. Talking to someone about it is often the first step.

- Being able to open up
- Reflect
- Gaining courage and hope
- First step towards improving your situation



Content

- Stress hazard checklist
- 'My story'
- Stress model & stress dynamics
- Physical consequences of stress
- Coping with stress
- First personal measures to create resilience



Target Group

- People who are looking for a safe space to talk about burnout and stress
- People who feel / believe they are at risk of stress
- People who are facing a burnout
- People who want to find their way in life after a burnout

CHF 75.-

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Burnoutberatung für Betroffene

LIVE-BALANCE IN PERSONAL RESPONSIBILITY



Agenda

1. Stress risk checklist (before the call)
2. 'My story' / current situation
3. Stress model & stress dynamics
4. Physical consequences of stress
5. Coping with stress
6. First concrete measures



Methods

- Checklist 'Stress hazard'
- Brief site analysis
- Presentation 'Resilience and stress prevention'
- Learning dialogue

Formats

- Online counselling 60 minutes
- Counselling in person 60 minutes

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