



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

Burnout counselling for relatives

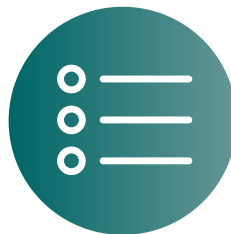
Mindtrain is there if relatives have questions



Benefit

Relatives of stress and burnout sufferers are often forgotten in the process. And yet there are many questions and fears.

David Bärtsch knows this situation from his own experience in 2015 and is there for relatives. To reduce uncertainty and fears.



Content

- Stress model & stress dynamics
- Physical consequences of stress
- Dealing with people at risk of stress (privately and at work)
- What relatives can do
- How relatives can protect themselves



Target Group

- Life partners of people affected by stress and burnout
- Children and parents of people affected by stress and burnout

CHF 75.-

We make you shine

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Agenda

1. Discussion of the current situation
2. Own worries and fears
3. Consequences of stress and stress dynamics
4. Measures to prevent stress
5. What can relatives do?
6. How can relatives protect themselves
7. Specific measures



Methods

- Checklist 'Stress risk'
- Brief location analysis for relatives
- Presentation 'Resilience and stress prevention'
- Learning dialogue

Formats

- Online counselling 45 minutes
- Physical counselling 45 minutes

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