



## Workshop on individual stress prevention

It's no longer a secret that satisfied, motivated and level-headed employees deliver better work results. Do you want to promote the health of your staff and support this through targeted, individual stress management? In stressfit, we offer you a scientifically proven stress prevention programme developed by the University of Zurich. During the course of a one-day workshop, we give your employees a deeper understanding of stress and develop practice-based actions for stress prevention.

### Workshop for your employees

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Take part in the stressfit workshop with your staff. We cover theoretical and practical inputs on stress prevention and you'll learn all about the causes of your own stress reactions. What's more, various aspects of efficient stress management are discussed - from situational analysis to choosing the right management strategy and using social resources.

**Duration:** 1 or 2 days

**Maximum number of participants:** 15 people

**Cost and dates:** on request



### How you benefit

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- Scientifically-supported stress prevention
- Support individual stress management
- A deeper understanding of stress, including everyday examples
- Specific recommended actions for stress prevention