

stressfit

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.

Highlights

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

Investing in stress prevention as an employer?

Research has shown that emotional and mental stress increasingly lead to mental and psychosomatic illness. We are seeing more and more young employees suffering from burnout, depression and other mental illnesses. As an employer, you have the opportunity to help your staff improve their personal stress balance. Invest in the health of your staff and their professional and personal performance ability so your company can stay successful and competitive for a long time to come.

stressfit: deeper understanding and individual stress management

With the stressfit stress prevention programme, you can support your staff by offering workplace health management. Stressfit is based on knowledge from many years of psychological research. Stressfit is offered under a licence from the University of Zurich, © Prof. Dr. Guy Bodenmann, University of Zurich. This form of scientifically tested service is unique. Compared to other stress management courses, the stressfit programme isn't just limited to providing stress management strategies, but also creates a deeper understanding of how stress is caused and manifests. The course extends past the boundaries of time management and short-term strategies, instead opting for a long-term preventative approach. Stressfit is primarily concerned with understanding the mechanisms of stress in various situations in order to make individual stress management more constructive. So your employees not only benefit in their roles as employees but can also apply what they've learned in everyday life.

Workshop for your employees

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

Do you have any questions?

Stephanie Bender is looking forward to hearing from you and will be happy to answer your questions.