

Stress Management

Stress Management Coaching is destined for those who want to detect stress signals in an early stage, and want to learn to handle high work pressure and changes at work. Preventive Stress Management can prevent employees to drop out because of illness for a long time.



You wish to learn more about this course? +31 (0)541 - 663 029 or info@jahetwerkt.nl

Reasons

- You feel tired. It is almost going the wrong way. You want to feel energetic again.
- You have dropped out. You cannot cope anymore. You want to rebuild your energy.
- You want to handle things differently. Who can help you to actually do that?
- You are on the way back. How can you go to work again?

Procedure

- This is an intensive weekly training, in which the coach and the coached review together several aspects of an upcoming burn-out.
- They work in finding an internal and external balance, as to recognize from there the developments which is needed to recognize and prevent symptoms of a burn-out;
- Is a burn-out present, the coach can help to shorten the process, and at returning after a burn-out, the coach helps with the re-integration and return to the work space;
- Our coaches teach candidates to detect their questions themselves and to find a solution for now and afterwards. The candidates make their own manual as guidebook for possible challenges later in their career.

Specifications

Coaching possibilities

- 1 to 1 coaching for which the period becomes visible after the intake meeting.
- Through an online software (optionally with online coach)
- Blended variant inclusive job coaching.