

HeyCoach

HeyCoach is online coaching when you face difficult circumstances at work and/or in your personal life (max. 3 hours).

Sometimes things happen that throw you off balance. You need someone to talk to about these things. About your work in general, working together, the stress you experience and setting boundaries. But also about more general topics, such as energy, sleep or relationships. If you find yourself in this situation, you can contact HeyCoach. The coaching is confidential and there is no feedback to your employer. The contact with your coach takes place through a secure system.

This is HeyCoach

- 3 hours of remote coaching via video, phone and chat
- after registration, the coach will contact you by phone to define the coaching requirements
- HeyCoach can be reached on working days from 9.00 am - 9.00 pm
- a maximum of 3 hours

This is what you will learn

- determine and define your coaching requirements (the problem)
- tips and help on approaching your problem
- reflecting on your approach
- insight: do you need further help?

This is what you will achieve

Together with your coach, you have defined the problem. You have received tips and help on how to address your problem and you have made a plan on how to tackle it. You will know whether you are going to need more help.

individual - group

1:1 - **online**

educational - **preventive** - curative

Matched Care category:

@work @risk @home

Number of hours:

0 2 4 6 8 10 12 14

Turnaround time in weeks:

0 2 4 6 8 10 12



This is what makes HeyCoach unique:

- worldwide access in Dutch and English
- all HeyCoaches are occupational psychologists
- anonymous: no report or feedback to the employer, the effects will be measured
- accessible every working day between 9.00 am and 9.00 pm
- a maximum of 3 hours, the timing is up to you

Shared Ambition offers solutions for three target groups

@Work

For employees who are working and want to stay mentally healthy

@Risk

For employees who are at risk of absenteeism

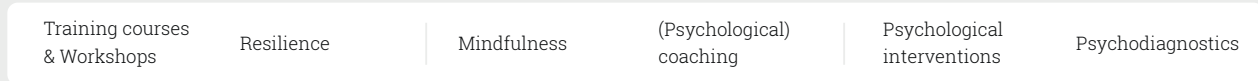
@Home

For employees who are partly or fully absent

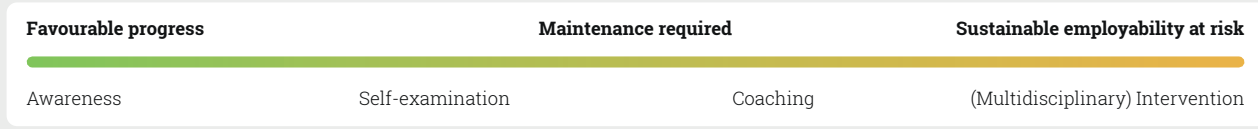
Matched Care Concept



Our solutions



Job Vitality for sustainable employability



Working together

Shared Ambition is an expert in work-related psychological health.

Do you want to learn more about Shared Ambition and/or our products and services? Please visit our site or contact us.

Shared Ambition BV - Markenhaven 25C
3826 AC Amersfoort - +31 (0)33-433 70 10

www.sharedambition.com
info@sharedambition.com

