

# In Balance

In Balance is a short coaching programme under the guidance of an experienced organizational psychologist, with a practical approach to relatively mild mental complaints.

Are you worried that you might not be able to cope at work and do you want to prevent this? Then the preventive programme In Balance is right for you. With the help of an occupational psychologist, you will work on improving your complaints, so that you will experience more balance in your (work) life. You will prevent more serious psychological complaints and/or absence through illness caused by work stress or burnout.

## This is In Balance

- 6 hours of psychological coaching
- turnaround time of 6-10 weeks
- focus on staying at work, preventive
- room for customization

## This is what you will learn

- you will learn what causes you to become imbalanced
- you will gain insight into how you can tackle imbalance
- you will learn practical ways to approach this (with a plan)

## This is what you will achieve

You will gain insight into the origins of your complaints. You will know how to balance your life better. This way, you prevent your complaints from getting worse and possibly causing you to be absent from work.

individual - group

1:1 - online

educational - preventive - curative

Matched Care category:



Number of hours:



Turnaround time in weeks:



## This is what makes In Balance unique:

- short turnaround time (6-10 weeks)
- limited time investment of 6 hours
- focus on staying at work
- accessible
- room for customization

# 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

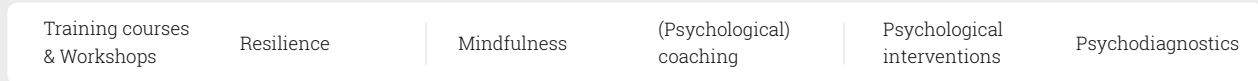
## @Home

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.

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