

# Me & Stress

Me and Stress is a practical toolbox training, which teaches what (work) stress is and how you can tackle it.

Do you want to be able to recognise the symptoms of stress in yourself and others and receive the tools to prevent unhealthy stress? Then this interactive and practical toolbox training of 2 half-day sessions is right for you!

## This is Me & Stress

- 2 group meetings of half a day each, or 3 times 90 minutes of online training
- interactively working with colleagues on reinforcing skills which lower unhealthy stress
- through dialogue, knowledge transfer, exercises
- mix of theory and practice

## This is what you will learn

- the impact of thoughts and relaxation on stress
- stand up for yourself
- ask for help and use it
- discover new possibilities, motives and sources of energy

## This is what you will achieve

You will understand what stress is and how you can tackle it. By using this knowledge and the insights you have gained, you will have made a plan of action to better deal with work stress.

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: Customized  
0 2 4 6 8 10 12



## This is what makes Me & Stress unique:

- available online as well as offline
- given by trainers, who are taught by Shared Ambition, using a personal approach
- who inspire you, move you and teach you about the topic of resilience
- so that you can immediately put it into practice

# 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

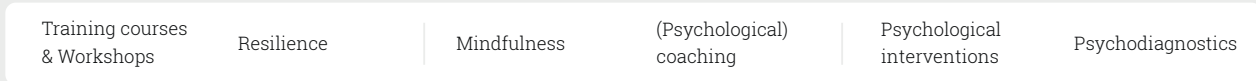
## @Home

For employees who are partly or fully absent

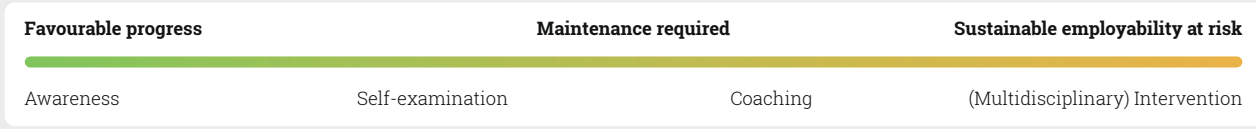
## Matched Care Concept



### 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](http://www.sharedambition.com)  
[info@sharedambition.com](mailto:info@sharedambition.com)

