

Vital Mind

Vital Mind is an occupational psychology programme for when you are in danger of dropping out (or have dropped out recently) as a result of mental complaints.

You may suffer from tension, anxiety or depression. There may be problems in your home environment. You have dropped out or you are about to drop out from work. With the help of conversations with an occupational psychologist you discover what the problems are and what you can do to deal with them better. The counselling programme is adapted to fit your situation but is always based on a plan.

This is Vital Mind

- 6 90-minute sessions, within a period of 6-10 weeks
- focus on staying at work or resuming your work
- relapse prevention
- customized plan

This is what you will learn

- you will discuss and give structure to the problems you encounter
- you will discover ways to deal with situations differently and/or to accept what comes your way
- you allow yourself to focus on yourself again or on the things you like and give you energy

This is what you will achieve

You will have made your complaints open for discussion and given structure to them. This gives you more control over your life. You are better equipped to deal with serious events in your (working) life. You will have made a Return to Work plan if you have (partly) been 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 Vital Mind unique:

- short turnaround time (6-10 weeks)
- focus on staying at work or returning to work
- customized approach

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

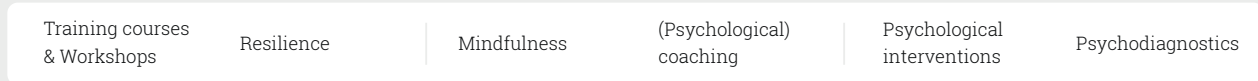
@Home

For employees who are partly or fully absent

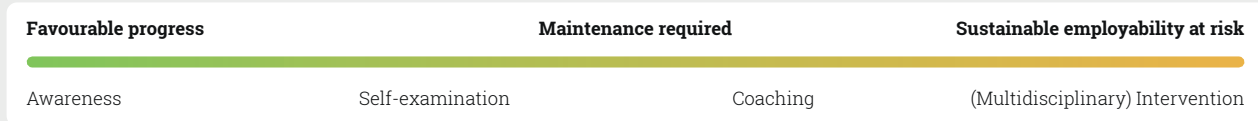
Matched Care Concept



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

