

Working on your mental fitness

The training Working on your mental fitness consists of 8 online group sessions of 30 minutes each and is specifically suited to people working from home (Corona-proof). The programme includes the principles of Mindfulness, Resilience and Positive psychology.

These turbulent times appeal to your ability to adapt and your creativity. You are working from home, or under very different circumstances than you're used to. If you have a family, then your partner and children play a role in your daily work. All this can elicit feelings of insecurity and stress. Feelings of frustration and concern may surface. It is important, especially now, to work on your mental fitness, so that you are better equipped at handling stress and you can continue to feel good and function well under difficult circumstances.

This is Working on your mental fitness

- accessible solution focussing on 'managing' the mental resilience partly caused by the Corona situation
- 8 sessions of 30 minutes, varying from resilience to mindfulness
- 2 online group meetings

This is what you will learn

- facing changing conditions at work
- stress reduction when working from home
- accepting negative feelings

individual - **group**

1 : 1 - **online**

educational - preventive - curative

Matched Care categorie:

 @work @risk @home

Number of hours:


0 2 4 6 8 10 12 14 16

Turnaround time in weeks:


0 2 4 6 8 10 12

This is what you will achieve

You can accept negative feelings and focus attention on positive emotions. You build resilience with the help of the building blocks Hope and Optimism. You can continue to work with confidence, even if things are difficult for a while.

This is what makes Working on your mental fitness unique:

- a unique form of online 'mental fitness'
- combination of mindfulness and resilience exercises
- directed towards increased happiness (at work)
- accessible and fun to do, something to look forward to

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

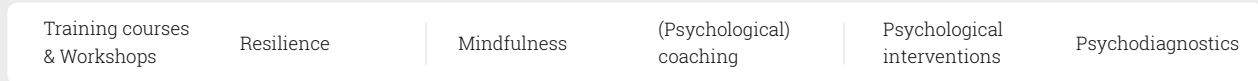
@Home

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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