

On Track

On Track is an intensive process offering help with complex issues relating to occupational psychology, which ultimately leads to a concrete (back to) work plan.

You feel like you can't go on any longer: you're drained of energy. You no longer experience any satisfaction or results from your work. What can you do to regain that sense of fun and enthusiasm in your work? On Track prevents you from having to call in sick, or it can help you to permanently return to work after a period of absenteeism, even if future prospects are uncertain.

This is On Track

- aim: 3 half-days. If parts of the day are too intensive customization is possible
- self-analysis: what got you stuck, what do you need in the future and what will you do NOW?
- writing a (back to) work plan
- three-way conversation with manager and psychologist

This is what you will learn

- you will study the patterns in your life that are affecting you and you will discover what you can learn from that
- you will search for the way in which you want to develop (perspective)
- you will define the steps required to grow
- you will recognize your pitfalls and learn what you have to do when you inadvertently get caught in one again
- you will discuss your plan in a three-way conversation with your manager

This is what you will achieve

You will have turned over a new leaf after getting stuck. You will have recorded the steps you want to take in a concrete plan. and discussed your plan in a three-way conversation with your manager.

individual - group

1:1 - online

educational - preventive - curative

Matched Care category:



Number of hours:



Turnaround time in weeks:



This is what makes On Track unique:

- 95% of participants is fully back at work within three months of completing the process
- Customization lead time if needed
- you work according to a fixed model
- solution-oriented and practical
- a concrete (back to) work plan

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

@Work / Educational

@Risk / Preventive

@Home/ Curative

Good balance	Too much stress	Increased need for recovery	Increased recovery deficit	Dysfunctional stress mechanism	Chronic stressors
Healthy stress	Insufficient recovery	Start of chronic stress reaction	Continued chronic stress reaction	Health damage	Change in physical system
Perform	Fatigued	Stress	Overburdened	Overworked	Burnout

Our solutions

Training courses & Workshops	Resilience	Mindfulness	(Psychological) coaching	Psychological interventions	Psychodiagnostics
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Job Vitality for sustainable employability

Favourable progress	Maintenance required	Sustainable employability at risk
Awareness	Self-examination	Coaching
		(Multidisciplinary) Intervention

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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