

# 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 12-16 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:

- both preventive and curative
- 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

### @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
<b>Perform</b>	<b>Fatigued</b>	<b>Stress</b>	<b>Overburdened</b>	<b>Overworked</b>	<b>Burnout</b>

### Our solutions

Training courses & Workshops

Resilience

Mindfulness

(Psychological) coaching

Psychological interventions

Psychodiagnostics

### 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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