

# 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

- 3 half-day sessions (target) or time spread over several sessions when half-day sessions are too intensive
- 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

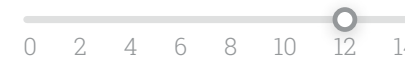
1 : 1 - online

educational - **preventive** - curative

Matched Care category:

@work @risk @home

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

## 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.

T +31 (0)33-433 70 10  
[www.sharedambition.com](http://www.sharedambition.com)  
[info@sharedambition.com](mailto:info@sharedambition.com)

## 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

## Job Vitality for sustainable employability

### Favourable progress

### Maintenance required

### Sustainable employability at risk

Awareness

Self-examination

Coaching

(Multidisciplinary) Intervention

