

What's Next

What's Next is an occupational psychology course for when you are in danger of dropping out (or are currently absent from work) due to career issues.

Have you lost the perspective in your work/career? Do you want to make clear choices in your career based on a sound plan? Then What's Next is a good programme for you. You will learn to take control over your own career path and make clear choices if you stagnate at work.

This is What's Next

- intensive intervention of three half-day sessions
- combination of psycho-education and career research
- sound career plan as a result
- concluding three-way conversation with a career counsellor and your manager

This is what you will learn

- you will study the patterns in your work that are affecting you and discover what you can learn from that
- you will go in search of what you need to move forward
- you will define the steps required for your career/you will make a career plan

This is what you will achieve

You have insight into the aspects you want to tackle and what you have to learn to move forward in your work. You have investigated what is required for this. You have processed these insights into a career plan and discussed it with your manager. You have a handle on your career, you see the possibilities for the future and you know what you have to do to get there.

individual - group
1 : 1 - online
educative - **preventive** - curative

Matched Care category:
@work @risk @home

Number of hours:
0 2 4 6 8 10 12 14

Turnaround time in weeks:
0 2 4 6 8 10 12



This is what makes What's Next unique:

- short turnaround time (8 weeks)
- intensive counselling by organizational psychologist competent in career guidance
- extensive career research
- concluding conversation in which your career plan is discussed with the organization
- can also be used as starting point for outplacement or second track programme

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

Good balance	Too much stress
Healthy stress	Insufficient recovery
Perform	Fatigued

@Risk / Preventive

Increased need for recovery	Increased recovery deficit
Start of chronic stress reaction	Continued chronic stress reaction
Stress	Overburdened

@Home/ Curative

Dysfunctional stress mechanism	Chronic stressors
Health damage	Change in physical system
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

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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