



Early recognition of imbalance Workshop for team members

You notice that you are not feeling well. You are tired, irritable, forgetful or have other symptoms. But you think it will pass. Or you don't want to whine. Somewhere you know you should bring it up. But you continue. Until...your colleagues or manager express their concern or irritation..., your partner or friends start complaining..., your body protests intensely....

It matters!

We tend to ignore signals that warn us. This can lead to damage to our health, absence from work and problems at home. There are understandable reasons why people discount their signs of imbalance. Sometimes we do not recognize them. Or we are not able to know when to take the signs seriously. It can also be difficult to see and use options that may be helpful.

You don't have to be sick to get better

Eric Berne, founder of Transactional Analysis)

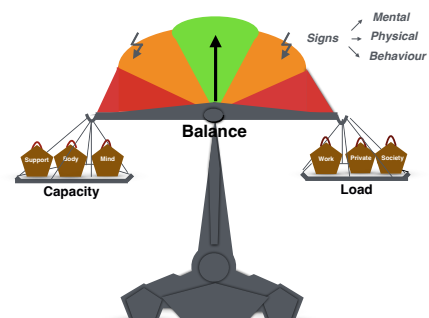
Goals

The workshop offers knowledge and awareness about the balance between the load we need to carry and our resources. Signs of imbalance and the recovery curve will be addressed. Furthermore, we discuss mechanisms of recognition and discount. Next is the topic of 'how do I bring it up with my colleague or with my manager?' Finally, you will receive an overview of the support system within your organization.

After the workshop you will gain grip on your personal balance. This helps you to prevent problems with your health, at work or at home. It increases your ability to have a long and healthy work life. Another effect is that the workshop contributes to an open and safe climate at work.

Outline

The workshop provides information, exercises and room for discussion. By reflecting on one's own balance, the theory will be clarified. There will be a maximum of 12 participants. Duration is 3 hours including break.



Trainer

Carine de Vries has years of experience as a trainer on this theme. Her inspiration for prevention stems from her practice as a company doctor. She specialized in Transactional Analysis (TA), a psychological theory about personality, communication and organizations. She combines the accessible concepts from TA with insights from occupational medicine. She works as a work health coach and trainer, and as a company doctor.

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