

I ... Burnout?

Belgium & Southern France, 2018



Do you want to learn techniques to let your energy flow again? Would you like to understand the underlying causes of your lack of energy? Are you looking for a sustainable solution?

Empower your Natural Self!

You can choose out of the following options:

1. Back to Basics (B2B) Re-Sourcing week * *life changing*

Content:

- **Far away from daily worries** and in close contact with nature, we make your energy flow again;
- Through **in-outdoor techniques**, we discover together the underlying causes of your energy deficit;
- We zoom in on your specific situation, needs and questions;
- We focus on **seven areas** to achieve recovery and prevent relapse;
- We conclude with your **action plan** and (if desired) agreement with your employer to realize reintegration;
- Together, we build up your energy, insights, self-management skills and resilience to enable you to continue in a sustainable, happy and healthy way.

Duration: 20h program spread over a week - we follow your rhythm and provide optimal care! *This program can be adjusted in duration.*

Location: Southern France (Larroque/Puycelsi)

Price: 1970 Euros + VAT; accommodation, breakfast and lunch included as well as intake and three follow-up calls via Skype (individually and/or with the employer).

2. A day of Re-Sourcing through a unique in-outdoor approach * *eye opener*

Content:

- In a relaxing context, we learn you **techniques to make your energy flow again**;
- We make a unique and inspiring **analysis** of work-related and other factors that have caused your burn-out;
- Together we come to a **sustainable action plan**;
- We consult, if desired, with your employer to promote a proper reintegration (via phone or skype)

Duration: 1 day

Price: 540 Euros + VAT

3. Online counseling per hour

Would you like to talk to someone? Do you want to know whether you are in a burnout? Are you looking for understanding the underlying causes? Give us a call for professional guidance.

Price: 45 Euros per hour



Who are we?

The Institute for Sustainable Working is a network organisation with a social purpose. We aim for more "sustainable employability" at work.

www.sustainableworking.org - tel. 0476/96 39 59
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New and different!

B2B
back to basics



- We go back to the "essence" of working and focus on **"happy and sustainable" working**;
- We **examine** the **factors** that have a positive and negative impact on your happiness, health and engagement (via C4B measurement and unique in-outdoor techniques);
- We use **nature** to mirror your unconsciousness and to come faster to better results;
- We use **positive, creative methods** (walking coaching, human NLP, Biodesign, appreciative inquiry, TRE, etc.);
- We start from **your strengths, passions, existential values and your mission** to guide you to your developmental path and recovery;
- We learn you to connect optimally and efficiently with your work environment through **sustainable job crafting (job balancing)**;
- We anchor your new insights via **self steering techniques** and ensure you can make an optimal new start!
- We have a **scientific basis** (the Connection4Balance Model and C4B measurement) - a unique integrated concept connecting workplace and employee;
- We walk the talk!



Your contact:

Lut Van Mossevelde is expert in sustainable employability and author of the book "Sustainable Working". Via unique resourcing programs she is coaching people in work related crises like burnout or dismissal.

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We work with a network of experts!

