

## BASIS PACKAGE - SELF-EFFICACY

**The combination of WIRKshops and trusting, ANONYMOUS communication in the community picks up your employees exactly where they are at the moment**

### Challenge:

There is never really time for breaks, even though two thirds of your managers are exhausted!

### Self-determination instead of the hamster wheel!

- With Better linked, your managers learn to actively counter stress and deal constructively with challenging situations
- We work
  - on better stress prevention
  - ensure greater resilience
  - Identify and deal with digital stressors in the daily digital valley
  - strengthen leadership skills ensuring psychological safety
  - sustainably improve the communication culture
- You strengthen your team sustainably through the systemic approach of a holistic stress culture - on an individual, cultural and structural level

### You get:

- **Open platform use with access to the community for everyone!** - This trusting framework provides valuable solidarity and support through anonymous exchange. You are not alone with stress.
- **WIRKshops:** In 90-minute WIRKshops, your managers or an entire department learn how they can quickly support themselves in challenging situations before stress takes over. The WIRKshops are enriched with highly effective stress tips from neurobiology and brain research, providing immediate relief. The WIRKshop series comprises at least 5 units.
- **Measuring change:** Managers improve their skills and achieve better stress management. Leadership with ease and appreciation:
  - Your awareness of recognizing stress and addressing their stressors early on will change.
  - Your ability to deal with stress will lead to a much more balanced life with an improved work-health balance.
  - Your actions will change because you will have a different view of your stressors.

### Goal:

- Resilient managers are productive and make beneficial decisions.
- They come up with creative solutions, are prepared to take risks and look for innovative ideas



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