

Data-driven change

Only what I can measure changes
- Company "safe space"

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Welcome to Betterlinked

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Stress Stories

Mein Chef hört mir nicht zu

Mein Chef versteht mich nicht. Immer wieder legt er mir neue Unterlagen auf den Tisch. Ich habe ihm schon gesagt, dass das Abarbeiten aktueller Projekte noch mindestens bis Monatsende meine volle Aufmerksamkeit braucht. Neue dringende...

Arbeit bis zum Umfallen

Ich habe Arbeit bis zum Umfallen, die Zeit reicht einfach nicht alle Projekte innerhalb der verlangten Zeit abzuarbeiten. Regelmäßig erhalte ich von meinem Chef neue Arbeitsaufträge. Es ist zu viel. Ich traue mich aber nicht, NEIN zu sagen...

Lampenfieber

Ich habe diese Woche einen Kongress. Wie geht Stress vor und wie...



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Stress Stories

Add discussion

Tags

Power Ressource Stress Stressmanagement viel Arbeit Aggression Leistungsdruk Work-Health-Balance Gedanken Kommunikation Pause Sicherheit Burnout Prävention Hohe Leistungserwartung durch Dritte Multitasking

Paloma79 a month ago

A carousel of thoughts and hardly any energy for anything else

It happens to me more and more often, despite many years of experience in the job, that I can no longer switch off well and recharge my batteries in my free time or "even" pursue hobbies. Thoughts about work, unresolved or recurring problems or challenges often float around, even when I'm far away from work. That's why I've been feeling more tired and listless for months, even in my free time. It feels like it takes me a lot longer to do my professional activities that I used to be able to do more quickly and efficiently. There is hardly any time and little energy left for other things, such as hobbies or contacts with friends, because all I want to do in the evenings is go to the couch and at least I have the feeling that I can distract myself with an episode of a series - that's good, but it is far too little... I used to be very active. But time apart from working hours has somehow been out of the question for a long time. Sometimes it

Suche/Search

Um Deine "postings" für andere sichtbar zu machen, bitte verwende wichtige Begriffe in Deiner Headline.

Verwende auch gängige Begriffe für Deine "Tags", damit andere "User" danach suchen können.

Eine Liste von "Tags" die bereits existieren findest Du unterhalb von

How much do you value healthy employees?



- **3 times more successful, YES I do!**
- Did you know that **17% of productivity** is lost when employees are exhausted or have already resigned internally?
- This does not even include the costs of stress-related absences from work.
 - Statistically speaking, every employee who is unable to work costs the company/institution between € 400 and € 1,000! PER DAY!
- What does a burnout case in lower or middle management with 3 to 6 months of absence cost you?
In Austria alone, 40 percent perceive burnout as a personal risk.
- **Can you still afford that today?**



Become part of our community

Join the platform: We share experiences of stress and ways of dealing with it, countering stress and using it constructively. Simply practical.

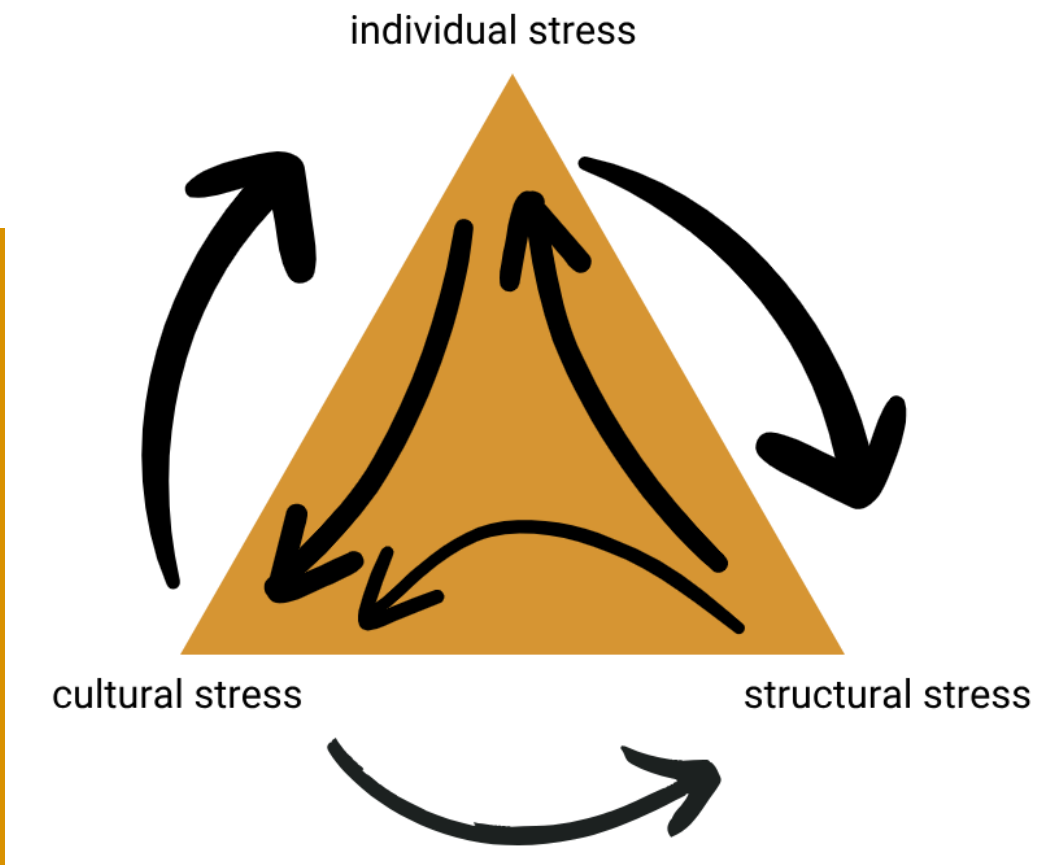
Show more



Stress. Communication. Platform

The high-quality platform for preventive stress management

- The Stress.Communication.Platform offers your colleagues and employees the opportunity to share their experiences, questions or personal stories about stress, the effects and triggers of stress or changes in performance caused by stress and to learn from other users' solutions.



There is no comparable platform in the (German-speaking) world.

- **Low-threshold and anonymous access**
- **sustainability of the service, the holistic approach – solidarity**
- **holistic view of stress**
- **AI-based evaluation**
- **entire Employer Assistant Journey covered**

Betterlinked.eu – Security = USP



- **NO COOKIES AT ALL:**
 - This is the space for communication without data crawling, data tracking, data exchange or bots - there are only real people here..
- **Your anonymous Stress-Communication-Platform (Company-„Safe-Space“)**
 - ALL users are only seen on the platform with their individual NICKNAMES, which are based ONLY on your own registration.
 - This is your "safe space", your details cannot be traced back to you, this is guaranteed by the anonymization of the data during registration.
 - Highest data security standards, with our own data protection officer
 - Your personal data is stored separately on a server in Germany.
 - The communication data generated in the company's internal "safe spaces" is only analyzed for specific topics and only evaluated and communicated within the company.
 - Your employees are informed transparently.





Fact based evaluation

- Communication generates data, which is evaluated using AI (Natural Language Processing).

"Since we have the new system, I get all the difficult orders."

"I have work until I drop, there is simply not enough time to complete all projects within the required time. I regularly receive new work orders from my boss, it's too much. But I don't dare to say 'NO'."



"My boss doesn't understand me, he always puts new documents on the table. I have already told him that the completion of the current projects needs my full attention at least until the end of the month. So new, urgent projects are out of place for me!"

"I'm afraid to report that I'm still not familiar with the system and that's why I'm working so inefficiently."

Basis: Company "Safe-Space"

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CASE: behind the scene betterlinked.eu



- Would you have thought that the internal e-mail flood in your company is related to a lack of error culture? E-mails could be reduced by half by identifying the right driver!

Do you know this situation? You come into the office and several hundred e-mails are waiting. You wanted to finish a document for a customer appointment, but you have to scan whether there are important e-mails in your inbox - 80% internal! Banning them doesn't help, because suddenly there are more meetings and coordination appointments in your calendar.

The reason for the many e-mails is not the company's employees' great need for information or communication, NO, there is a **lack of security**. Employees do not feel secure in their role or function.

AND: There is a **lack of error culture**. "We accept mistakes" is written large in the entrance area as a value, but mistakes are actually criticized in your company.

CONCLUSION: The company management has started to live an error culture. Employees now experience that mistakes are not a disaster.

MINUS 50% internal e-mails. A completely unexpected stressor "dealing with the error culture" was the trigger for a lack of security, which manifested itself in a sharp increase in the number of e-mails in the inbox. **By identifying the actual cause of stress, the employees' stress levels were greatly reduced.**





Data-driven change

Psychology meets strong data background: ONLY what I can measure, I can change.

Making mental health transparent

- Only resilient employees and managers are productive and make beneficial decisions.
- Resilient companies/institutions shape future challenges with a high competitive advantage.



AI recognizes correlations, causes and effects, as well as clusters
Relevant problems are identified and solved accurately.

<https://betterlinked.eu/en/company-offers/>

Experts



CORE-team

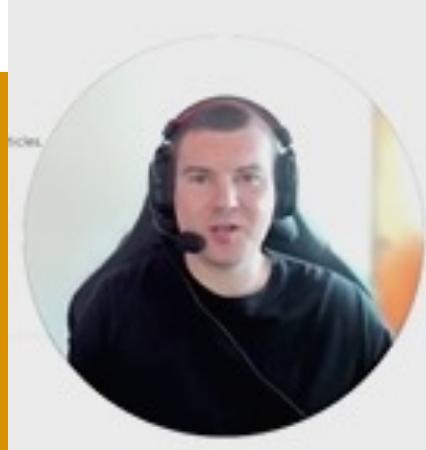


Programming/
Design
Rota



Berat Gashi

Developer



Jacob Harris
Bettermode
Community building



Cornelia Perron Consulting
External data security advisor/
Data security consultant



Mirjeta Mustafa

UX/UI DESIGNER



Astrit Hyseni

Partner/Chief Technical
Officer



Besa Gjonbalaj

Project Manager

Dr. Ronald Hochreiter
WU Wien
Data Science

