

MOVIS

WELL-BEING AND PERFORMANCE

Promoting Good Health



for work and life

Our Services



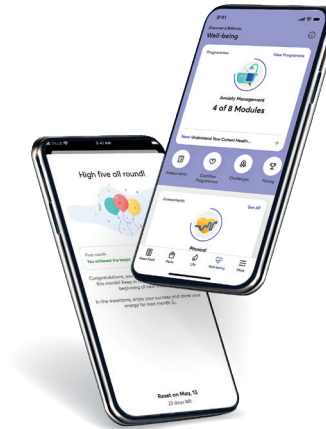
MOVIS COUNSELLING

Employee counselling

- Improving mental health
- Strengthening resilience and building resources
- Recognising stress and managing it in a healthy way

Manager consultations for supervisors and HR

- Implementing a health-oriented management style
- Addressing mental stress early on and tackling it with solutions in mind
- Minimising psychosocial risks



MODERN

Digital Platform

The Movis Online Assistant, powered by TELUS Health, complements the Employee Assistance Program. Our digital platform for the preventive and active promotion of mental well-being.



MOVIS TRAINING

Training and lectures

- Mental health in the work environment
- Resilience in the workplace
- Mindfulness in the workplace

BENEFICIAL

Your Benefits

Healthy employees

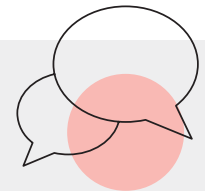
- Happy, motivated and loyal employees
- Dealing with stress in a healthy way
- Reduction of absences and disablement

Healthy working atmosphere

- Early detection of health risks
- A working atmosphere that facilitates performance
- Appreciative leadership style

Healthy company

- Increasing productivity and revenue
- Cost reduction: fewer absences and illness-related costs
- Added value for employer branding



Any Questions?

Please feel free to contact us for further information:

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MOVIS PRECARE

Campaigns on psychosocial topics

Health days at work

Self care

- Digital platform: Movis Online Assistant
- Information and articles on promoting mental health

Movis promotes the healthy and positive organisation of working and living environments.

Movis is a specialised counselling firm with decades of expertise in occupational health management. With our wide range of services, we support companies, management, HR and employees in the areas of prevention, early detection and integration.



Prevention

Strengthen health through preparedness



Early detection

Identify and avoid psychosocial risks, activate resources



Integration

Early intervention, avoid disability



Mental health is the foundation of contentment and well-being. Those who experience positive emotions, personal growth and good relationships are more balanced and productive. We support employees, supervisors, HR and companies in promoting these vital aspects of health.