



STAYING HEALTHY AND PRODUCTIVE

# Self-management



for work and life

## OUR OFFER

# Strengthening self-management skills

Self-management means consciously shaping your own life – in accordance with your personal values and goals. It helps you **set priorities, use your time and energy sensibly and create healthy structures in your day-to-day life**. This allows you to focus more on what really matters – and gives you a feeling of ease. We support employees with the following services:



## MOVIS COUNSELLING

### Employee Assistance Program

- Reflecting on personal values and life goals
- Developing and implementing professional and personal goals
- Identifying habits, stress factors and resources for everyday work and personal life
- Acquiring practical tools for time, priority and break management

### Manager Consultation

- Helping managers and HR professionals strengthen employees' self-management skills



## MOVIS COACHING

- Enabling self-change
- Enhancing self-management and stress management skills
- Reflecting on and adapting management behaviour to promote employees' self-management skills



## TRAINING

- Trainings and presentations on self-management, resilience and mindfulness in the workplace



## BENEFICIAL

# Your Benefits

Greater ability to work under pressure, fewer absences

Improved employee retention through genuine identification with the company

Greater efficiency and productivity thanks to structured working methods and targeted use of resources

Better collaboration due to clear goals and expectations

Greater innovative strength through active participation

Increased capacity for company change thanks to self-organisation by employees

# 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



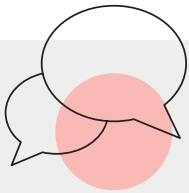
## Early detection

Identify and avoid  
psychosocial risks,  
activate resources



## Integration

Early intervention,  
avoid disability



## Any Questions?

Please feel free to contact us for further information:

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