

Our Mental Health Coaching. Your Plan B.

**Fürstenberg – we care. At short notice,
confidential and free of charge.**

Employee and management counseling to help with
professional, private and health-related challenges.

More information at:
[**www.fuerstenberg-institut.de/en**](http://www.fuerstenberg-institut.de/en)

Everyday life is full of challenges. We feel the same way.

The problems we face can be varied and complex, often impacting our happiness. Whatever the situation may be – we are there for you.

Profession & Workplace:

- Workload
- Conflicts
- Dealing with structural changes

Stress & Exhaustion:

- Depressive moods
- Sleep disorders
- Addiction and dependency
- Dealing with illness, death and grief

Family & Partnership:

- Partnership topics
- Family and friends
- Parenting and care issues

Personality:

- Time-management and self-management
- Social skills
- Self-confidence

Leadership:

- Dealing with employees with mental health issues
- Tensions and conflicts in the team
- Leading in change processes

And many other topics relating to your private or professional life.

**Talking helps.
We help further.**

Please feel free to make an appointment.

We are available 24 hours a day, 365 days a year.



Phone 0800 / 387 78 36*

Mail coaching@fuerstenberg-institut.de

Platform my.fuerstenberg-institut.de/en**

* Free of charge from a German landline. You can find free telephone numbers from abroad on www.fuerstenberg-institut.de/en

** You will receive your access data for myFürstenberg from your employer.