STRESS PREVENTION & HEALTH MANAGEMENT

YOUR HEALTH IN FOCUS

DNLA identifies sources of stress at work and facilitates prevention

Stress is not uncommon in everyday working life. In order to go through professional life in a healthy way, you have to keep an eye on stress triggers and stress levels. The science-based DNLA MSS analysis-tools help to get a clear overview here. And they help you to strengthen exactly these competencies that improve your resilience and the way you deal with stress.

DNLA*

Discovering Natural Latent Abilities

Goals and Services:

- Situation analysis: Objective assessment of the current stress and strain situation.

- Deeper analysis of causes and influencing factors of social competence (e.g. assertiveness, self-confidence, dealing with failures) and from the job environment (work organisation, leadership, …).

- Identification of strains and potential risks.

- Advice on prevention and the right way to deal with stress-causing factors.

- Important component of occupational health management (OHM): integration of the (company) environment (*after approval of the participants) possible.

Results and services:

- Personal assessments and evaluations, individual recommendations for (re-)developing potential, dealing with stress and stress prevention.

- Information for occupational health management (OHM) and for health experts (e.g. therapists, company doctors) available in the evaluations.

- All evaluations can be made anonymous.

- Highest standards of data protection and data security.

Clients and partners:

Method:

- Measurement of the current level of 17 basic social competence factors.

- In parallel, analysis of stress levels and potential stress triggers in the work environment, in the organisation, acute stress, chronic stress, burnout risk, and others (6 main areas and a total of over 25 different sub-types of stress).

- Regular measurement to ensure sustainable improvements possible & recommended.

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