



Important information:

- There are no waiting times for Coach on the Road programs
- We contact your employee within 3 working days
- We conduct their intake interview within 5 to 7 working days
- We engage professional coaches and experienced psychologists
- We use proven tools and methodologies (including lifestyle coaching, ACT, solution-focused and positive psychology, NLP and visualisation, stress release and mindfulness)

Coach on the Road is a Vitaal Concern service.
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Who's in charge?
Go for 100%.



Coach on the Road
Back on the road to recovery

Mental health issues? What now?

Did you know that approximately 40% of sick leave is due to psychological complaints? This type of complaint can lead to long-term absence or even incapacity for work. Which is why an increasing number of employers are taking the mental health of their employees more seriously and addressing issues such as excessive workload, stress and anxiety-related complaints (including those specifically linked to corona and/or hybrid working), and the symptoms of burn-out and depression.

What can you do as an employer?

Acting quickly helps. It's important to spot mental health issues at an early stage and to prevent employee absenteeism wherever possible. Immediate intervention has an effect on the subsequent recovery and reintegration process. And therefore on the duration and cost of sick leave. Our Coach on the Road program is aimed at getting employees back to work as quickly as possible and enabling them to regain high levels of job satisfaction.

The Power of Coach on the Road

Vitaal Concern designed the 'Coach on the Road' program with a view to improving the employability, productivity and mental resilience of employees with psychological complaints.

The program is accessible, pragmatic and quick to implement, and draws on expert guidance from trusted professionals. The aim of the coaching is to create healthy balance, vitality and resilience. And, just as important, to encourage self-management. Self-management enables your employees to rediscover themselves and become more productive at work.

For which complaints is the program designed?

The Coach on the Road program can address a wide range of complaints such as energy imbalance, work-life balance issues, fatigue, stress and anxiety-related complaints, concentration and/or memory problems, sleep problems, burn-out and/or feelings of despondency, grief, relationship worries or concerns about (chronic) physical complaints.

Bespoke guidance

We conduct a personal intake interview to determine which program track is best suited to the employee's individual circumstances and requirements. We offer face-to-face sessions on our premises, in the workplace or at an external location close to the employee's home, in order to provide rapid and flexible support. Getting back on the road to recovery; that's what Coach on the Road is all about. A fast and flexible program that focuses on the individual employee.



Intake interview	Personal intake Advice on the right program track	€ 395,-
Recovery & Balance 1	Back on track Short & practical (4 consultations)	€ 1790,-
Recovery & Balance 2	Well on your way Pragmatic help & guidance (6 consultations)	€ 2495,-
Recovery & Balance 3	Chart your own course In-depth help & guidance (8 consultations)	€ 3295,-
Follow-up/supervision	Reflection session Program review and way forward	€ 295,-
Three-way discussion	Employee, manager and coach Reviewing insights and making agreements	€ 395,-
Travel costs	Travel time and mileage combined (per hour)	€ 90,-
Venue costs	Rental of external premises (per hour) (in the event that consultations are not conducted on Vitaal Concern premises)	€ 30,-

Coach on the Road intake approval

Yes, I authorise my employee's participation in a Coach on the Road mental recovery program. I agree to the cost of the intake interview and would like to receive a price quotation for the subsequent coaching.

Company name (and office if applicable):

Location:

Name/position of internal contact:

Telephone number:

Date:

Signature
of approval:

Name of the referred employee:

Employee's address:

Employee's telephone number:

Employee's email address:
