

**Our EMAP for
employees &
managers.**



The Fürstenberg Institut

Your partner for Mental Health

We have been active in the field of Mental and Corporate Health for over 35 years supporting numerous companies and their employees.

We use our extensive experience, an in-depth scientific approach and high levels of commitment to accompany you on your way to lasting mental health and satisfaction.



The Fürstenberg Institut

This is who we are

**EAP Pionier
with 35 years of
coaching expertise**

**Clients coached
in 50 countries and
in 20 languages**



**4,6 out of 5 stars
in 2023 client
satisfaction**



**Over 330 employees
of whom 200 are permanent**

**Interdisciplinary team
in the fields of psychology,
education, medicine, health and
educational sciences, care,
theology, partner-, family- and
conflict coaching ...**

**More than 35,000
coaching sessions
per year**

**Extensive experience
in personal and organisation
development in corporate
entities**

**400+ satisfied business
customers with our
innovative and customized
range of services**

**Family-run
since 1989**

Counselling & coaching at over 90 locations and digitally worldwide

- Freelance counsellors at
over 80 locations
- 10 Fürstenberg Institut
locations:

**Hamburg, Berlin, Frankfurt,
Dusseldorf, Cologne,
Hanover, Münster, Stuttgart-
Ditzingen, Munich, Bonn**



EMAP – Mental Health Coaching.

**A professional coaching service
for all employees and managers
for solving problems related to work,
health and private life**

What is Mental Health Coaching?

Have you felt that your mind hasn't been free for a long time or that you just haven't been feeling well?

Our Mental Health Coaching service allows you to receive free and strictly confidential coaching at any time. Your employer will not receive any personal information from us.

It doesn't matter if you need support regarding a private matter or wish to discuss an issue from the context of your work – **we have the right experts for you.**



What are the strengths of our service?

- **Appointments at short notice**, online scheduling possible
- **365 days / 24 hours** availability
- **Face-to-face, telephone, online (by chat and video) coaching**
- **Free of charge** for employees and their family members
- **Unlimited** number of coaching sessions, in **several languages**
- **High data protection standards**, strictly confidential and anonymous
- **Referral** to specialists, therapists, clinics etc. where necessary

This is how we work



- **Our Mental Health Coaching helps employees and managers to find clarity in the matters that concern them and develop their own solutions to the challenges that they face.**
- **Our coaches help by asking targeted questions and support the clients when it comes to seeing their strengths, resources and potential.**
- **Our long-term aim is to strengthen you to the extent that you are able to take positive action again and can use preventive measures to look after your mental health.**

Mental Health Coaching simply explained



[Click here](#) to watch the video and learn all about our **EMAP - Mental Health Coaching.**

Coaching Topics: Well equipped for all cases.



Career & Work

- Conflicts
- Stress & overload
- Career prospects
- Dealing with changes
- Difficult meeting situations



Mind & Health

- Stress symptoms
- Sleep disorders
- Anxiety
- Depressive moods
- Burnout
- Exhaustion
- Support in coping with sickness, death and grief



Family & Partnership

- Partnership
- Separation & divorce
- Parenting questions
- Stress arising from care obligations
- Preparing for retirement
- Family & care coaching



Addiction & Dependency

- Alcohol problems
- Use of addictive substances
- Gambling addiction
- Addiction among family members
- Referral to clinics

Coaching Topics: Well equipped for all cases.



Personality

- Social skills
- Emotional stability
- Time- & self-management
- Self-confidence



Leadership issues

- Dealing with mentally stressed employees
- Tensions & conflicts in the team
- Change processes
- Challenging leadership situations



Legal Consultation

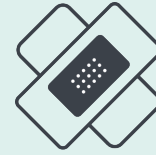
- Free initial consultation by telephone on legal issues
- Non-binding assessment of legal problems
- Outline of potential further courses of action
- Employment law is excluded

Coaching Topics: Well equipped for all cases.



Budget planing & debt advice

- Analysis of individual financial situations
- Household and budgetary advice
- Preventive measures to increase financial literacy
- Advice on finding solutions with individual creditors
- Support in the run-up to insolvency proceedings



Medical Consultation

- Assessment of individual ailments such as migraines / headaches
- Back pain and cardiovascular diseases
- Weight issues, chronic diseases
- Treatment options
- Preventive measures
- Questions on medication and their affects

„When I was feeling really stressed out and exhausted from work and family life, the coaching sessions with the Fürstenberg coach helped me a lot! The neutral look from the outside and the solutions we developed together gave me the necessary perspective and possibilities for action to find my way out of a one-way street.“

– **Participant in our Mental Health Coaching Program**



Management Coaching.

Coaching in daily leadership life

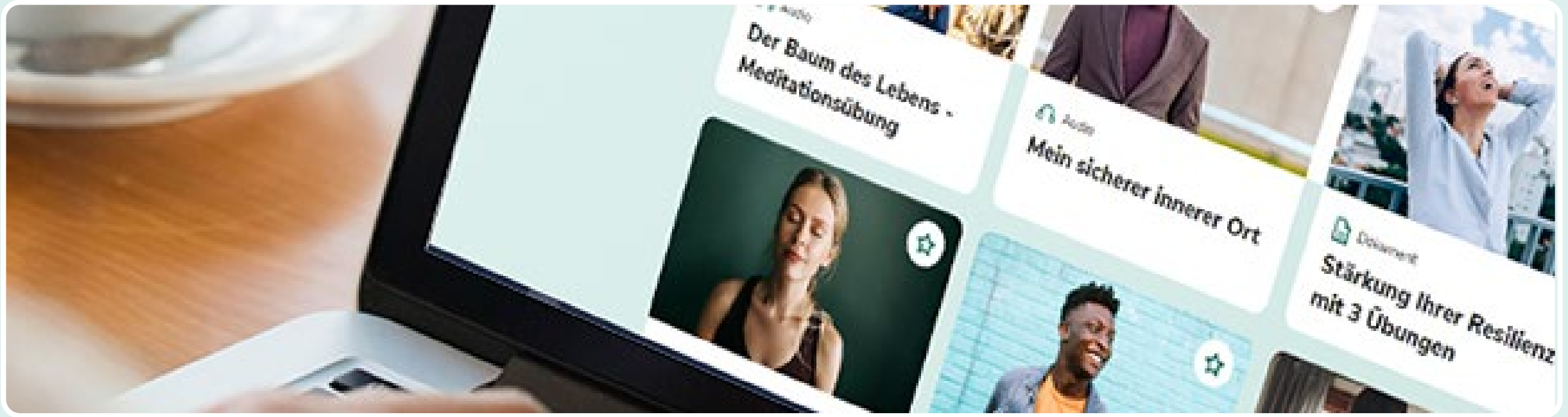
Well trained leadership coaches and digital services help you with issues such as:

- Dealing with mentally stressed employees
- Managing team conflicts or high stress levels within teams
- Preparing for difficult meeting situations
- Expanding skills, such as for leading hybrid teams
- Challenging leadership situations, such as a high rate of absenteeism and lengthy health-related absences



**Further
services.**

The Mental Health platform myFürstenberg



Exclusive information and educational videos with input from our experts, meditation exercises and much more. All available for free and at any time on my.fuerstenberg-institut.de/en/login/.

This platform makes it even easier to book online coaching and sign up to our digital events.

Digital events

Wide-ranging events program, webinars, digital exchange formats on a variety of mental health topics such as lunch & learns, parental talks, leadership meet-ups and much more.

Exclusive information and interaction with our Fürstenberg experts!

We look forward to your registration on myFürstenberg.



How do I access myFürstenberg?

- Your employer will provide you with the company access data to myFürstenberg in a separate PDF.
- After the initial registration with the company access data, you create your own profile with an individual password which enables you to access all the content and features within the portal.
- Further questions and answers about **myFürstenberg** are available [here](#).

We look forward.

Your way to us.

Mental Health Coaching

This is how it works

You have something that concerns you, are facing a challenging or difficult situation, or just wish to act preventively.



You contact the Fürstenberg Institut:
You can choose between immediate coaching or booking an appointment.



Depending on your preference, the appointment can be made by telephone, online, via chat or in person. Follow up appointments if necessary are made directly with the coach.

Contact.

**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 German landlines. You can find free telephone numbers from abroad on www.fuerstenberg-institut.de/en.

**Please feel free
to make an
appointment.**

**Caring for your
mental health since
1989.**