



„Staying on course in turbulent times“

... so that life remains in balance. This is the goal we can help you achieve. Your employer will provide you with our counseling services free of charge.

The Counseling Service

Stimulus is an independent company with many years of experience in counseling people in stressful situations, managers and companies on personal, family, financial, professional and everyday issues and problems. We are happy to support you in proactively shaping your life and dealing constructively and confidently with the challenges of everyday life.

Thanks to a multidisciplinary team, you can also consult us on all challenges in connection with change processes, communication, quality of life at work, personnel development and personnel training as well as corporate management issues.

„Stimulus has helped me to solve a serious problem. Now I can concentrate on new things again.“



Confidentiality and expertise

Our professional counseling team is available for you at the telephone numbers below - around the clock in an emergency.



From Germany: **0800 321 2345**
From Austria: **00800 32 123 456**



From other countries: **+49 431 895 19 32**
(with costs)



Appointment booking system:
termin.stimulus-consulting.de



Online Counseling:
email.stimulus-consulting.de



Information portal:
info.stimulus-consulting.de

People who live in the same household as you can also take advantage of our counseling. Support can be provided in German or English at any time. **Advice in other languages can be organized.**

We guarantee absolute confidentiality and can provide advice anonymously if desired.

When we advise you, we collect personal data. We treat this data confidentially and in accordance with the guidelines of the GDPR. You can find more information on data protection on our website:
www.stimulus-consulting.de/datenschutz



Counseling service for employees and managers



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What does our counseling service offer?

The following services are available:

- Free advice on personal and workplace-related issues
- Help with clarifying practical everyday issues
- Access to short-term psychosocial counseling
- Management/leadership counseling

Solution- and resource-oriented counseling can help you to tackle upcoming questions and problems quickly and efficiently.

Can I only contact the counseling service if I have major problems?

It doesn't make sense to wait until a small problem has become a big one. Sometimes you just need a different perspective, food for thought to tackle things yourself with renewed energy or a new person to talk through ideas.

Stimulus is there for that too!

And how can the counseling service help with complex problems?

Telephone counselling is often sufficient, sometimes it is just the start. Our counselling team will make sure that you find the help that suits you and your problem.

If you need longer-term support, we will advise you on all aspects of psychotherapy and, if necessary, find suitable counseling centers, specialist services or networks for you.



What questions can you contact us with?

With every question that concerns you!

Examples of common topics in consulting:

- Changes
- Preparation of important conversations
- Parenting
- Stress management and resilience
- Over- or underchallenge
- Communication problems
- Conflicts with colleagues
- A healthy lifestyle
- Career prospects
- Impending unemployment
- Transition to retirement
- Return to the workplace
- Addiction problems
- Relationship problems
- Family worries
- Separation and divorce
- Dealing with illness
- Grief
- Depressive moods
- Fears
- Life crises
- Financial problems
- Compatibility of work and family
- Loneliness



Confidentiality

If you or your relatives contact Stimulus, your employer will not find out about it! All concerns are treated confidentially. The entire Stimulus team is bound to confidentiality. There is only one exception: if the life of the person seeking advice or the life of a third party is at risk, we must call in help.

Your company or organization will receive a statistical evaluation of the use of our service at longer intervals. You can be sure that these anonymized figures do not allow any conclusions to be drawn about the people seeking advice.

If you wish, please indicate at the beginning of the consultation that you wish to remain anonymous.

*„Thanks to the consultation,
I have taken a decisive step
forward and now have
clarity.“*

