

WELCOME TO THE HEART-BASED CENTER BASEL

The Heart-Based Corporate Health Agenda:

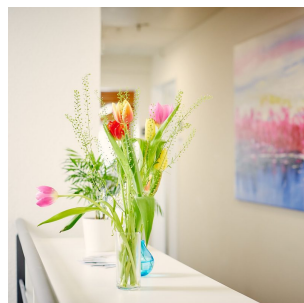
Balance Compass

The Heart-Based Corporate Health Agenda is crucial to nurturing your company's strong and sustainable culture of health.

- Evidence-based
- Multidisciplinary
- Cost-efficient

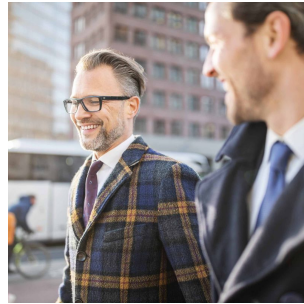
This agenda promotes your team members' long-term health, strengthening their commitment, productivity, and loyalty.

[Balance Compass](#)



Your Challenge:

- Loss of productivity
- Absenteeism and burnout
- Quality issues due to mistakes and declining standards
- Work culture and commitment
- Fluctuation in the team, talent attrition
- Reputation, employer branding
- Costs due to absenteeism and talent acquisition



Your Benefit:

The enhanced well-being of your team members through our agenda positively impacts the company's success in multiple ways:

- **Increased engagement and productivity**
 - Well-being drives performance
 - Work-life integration supports balance
- **Enhanced attractiveness and employee retention**
 - Employer of choice
 - Loyalty and satisfaction increase
- **A healthy corporate culture**
 - Fostering a supportive environment
 - Strengthening community and connection
- **Reduced health costs**
 - Focus on preventive health measures
 - Evidence-based programs deliver long-term value

Our Heart-Based Services:

Proactive identification and prevention:

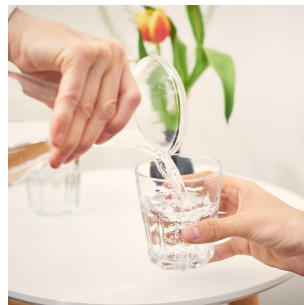
- **Proactive identification of people in at-risk groups:**

We use the evidence-based Balance Compass program to identify individuals in at-risk groups quickly. Reaching them early enables us to address concerns they may already be experiencing.

- **Individual analysis:** People in at-risk groups can use the Integral Stress Test™ (IST) to evaluate their balance and to what extent this may already impact their physical, mental, or emotional well-being.

Support in emergencies:

- **24/7 confidential hotline:** Associates have round-the-clock access to our team of medical health experts in urgent situations. This confidential hotline provides immediate assistance and guidance when it's needed most.
- **Swift multi-disciplinary intervention:** Our multi-disciplinary team delivers prompt, specialized support and intervention for individuals identified as being at risk, ensuring timely and comprehensive care.



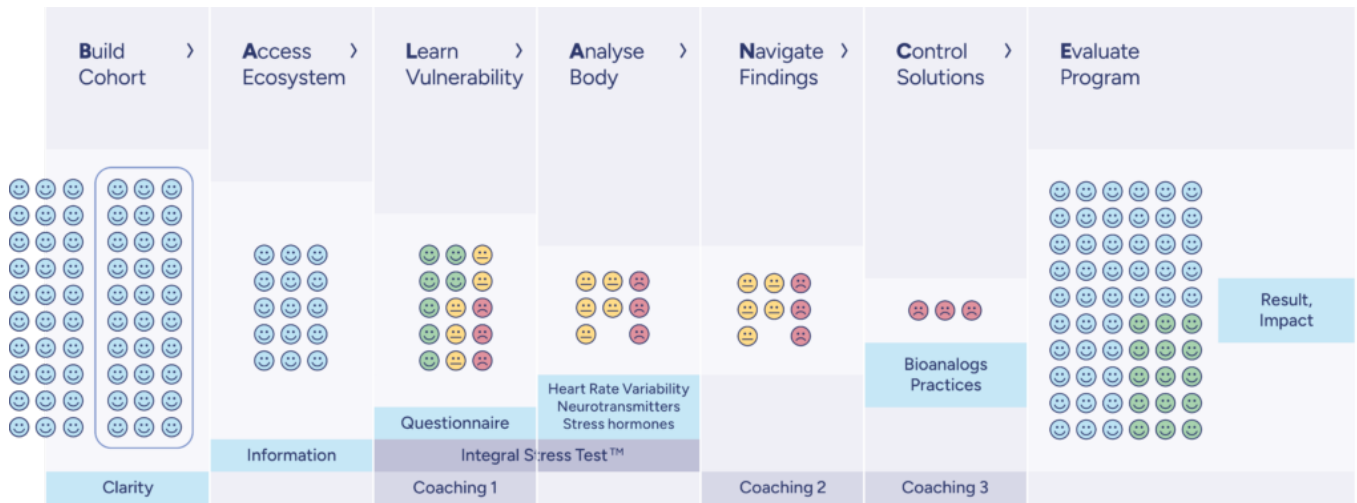
Stabilization services:

- **Personalized support:** After an evidence-based assessment, we develop bespoke solutions tailored to each individual's unique needs, incorporating mental health resources, treatments, and guidance to promote overall well-being.
- **Team workshops:** Our workshops are designed to enhance team dynamics, improve communication, and foster collaboration, helping to stabilize and strengthen cohesion and overall team performance.

Empowerment initiatives:

- **Ongoing and sustainable empowerment:** We provide coaching and workshops for managers and team leads, focusing on stress management, emotional intelligence, and resilience. These initiatives enhance both individual and team performance.
- **Business case management:** Individuals or teams can receive bespoke support to address specific business challenges, fostering growth, innovation, and problem-solving.
- **Cultivating a heart-based corporate culture:** Through specialized coaching and training for managers and leaders, we help create and nurture a supportive, forward-thinking corporate culture that promotes collaboration and innovation.

Balance Compass



Integral Stress Test™

powered by YP

Questionnaire

Heart Rate Variability

Neurotransmitters

Stress hormones

13:02

Your body resources

Increased from the starting level

Your body resources increased from the starting level. You had a stronger recovery balance to your stress in your life.

DAY 1 DAY 2

■ Starting level ● End level ▲ Peak

■ Stress ■ Recovery ■ Sleepability ■ Exercise

Legend on the bar reflects the results of the reaction.

Our 5-Step Model for Creating Your Bespoke Agenda:

1. **Needs assessment:** Utilizing screening and appraisal tools to deeply understand the specific needs and challenges.
2. **Goal setting and program design:** Defining clear objectives and crafting a program tailored to meet those goals.
3. **Coach-Matching:** Thoughtfully matching the most suitable coach ensuring alignment with individual needs.
4. **Program implementation:** Bringing the program to life with ongoing support, guidance, and real-time adjustments.
5. **Evaluation and continuous improvement:** Regular review of outcomes to continuously optimize progress and ensure long-term success.

We look forward to meeting you.

You can reach us by email at any time:

[Call 061 555 11 11](tel:0615551111)

[Send E-Mail](#)

[Make an appointment](#)

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