

WILLKOMMEN IM HEART-BASED CENTER BASEL

## Integral Stress Test™

# For companies

For more inner strength

**Heart-Based Center empowers people in companies to act responsibly and become stronger from within.**

For lower absenteeism rates due to mental and physical illness, higher productivity and sustainable employer branding through greater trust and a sense of belonging within the company, self-leadership and resilience as a culture of health.

The programs are designed for organizations that are uncompromisingly committed to the health and well-being of their employees. Heart-Based Center uses hard, proven data from neuroscience, mindfulness research and psychology in a bio-psycho-social strategy.



## Balance Compass

**Balance Compass is a multi-level health strategy for all company sizes**

**Balance Compass** is a multi-stage strategy that enables companies of all sizes to implement a continuous process to reduce mental and physical illness and to sustainably and measurably improve health and resilience. Whether you have 10, 300, 5,000 or 20,000 employees – we have the right solution.

Our approach begins with the identification and reduction of stress-related illnesses. We initially focus on people who need acute support. Subsequently, all employees benefit from our scientifically based measures

aimed at activating and strengthening individual self-responsibility.

A strong combination of technology with science-based data and human support is part of our strategy.

- **Scientifically validated data** for sound decision-making
- **Automated and scalable processes** to reach even large collectives
- **Hard measurement data** for clear, comprehensible results
- **"Humans in the Loop" – intensive personal care** for individual support in cases of significant vulnerability

Balance Compass is the key to successfully supporting and strengthening people and organizations in times of change.

[Balance Compass](#)

## We look forward to meeting you.

You can reach us by email at any time:

[Call 061 555 11 11](#)

[Send E-Mail](#)

[Make an appointment](#)

**Heart-Based Center Basel**

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