

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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