

A scenic landscape photograph of a rocky shoreline with a calm lake and a clear blue sky. The foreground shows large, flat rocks partially submerged in the water. In the middle ground, there are more rocks and some sparse vegetation, including a few trees. The background shows a wide expanse of water and distant land under a bright blue sky with a few wispy clouds.

Newolo VirtualCoach™ Mental Fitness

Symposium für Verantwortungsvolle Prävention

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Mental Fitness is about acquiring soft skills ...

- To deal with emotions and negative thoughts
- To analyse objectively own thoughts and behaviour
- To identify work and life priorities, make better decisions
- To set up personal goals and solve problems
- To strengthen self-awareness and boost motivation
- To gain sustainable mental fitness
- To enable personal growth

“I am able to identify priorities and values that make my life goal oriented and more meaningful.”

“I have concrete tools and skills to manage stress and understand its causes.”

“Before I had a feeling of not being in control of my life, but now I can take control of my work and leisure time again.”

“I am better able to handle difficult situations at work.”

“I have learned skills and methods that are easy to implement and help me solve everyday problems.”



“My thoughts and feelings no longer dictate my behaviour.”

“I am able to view my work more objectively, I am more efficient and I understand my working ecosystem better.”

“I am more motivated in what I do because I invest in the things that are important to me.”

“I can enjoy my leisure time more as I don't think about work in a negative way or worry about it.”

“I can make satisfying choices and decisions based on my values.”

Newolo Programme

- Certified by Zentrale Prüfstelle Prävention
- Developed in Finland by Doctors, coaches and experts
- Validated by top psychologists
- Based on Cognitive Behavioural and Acceptance & Commitment methods
- Not a medical device, a self management tool
- Anonymous, secure
- Available in native **German, English, Swedish, Finnish**

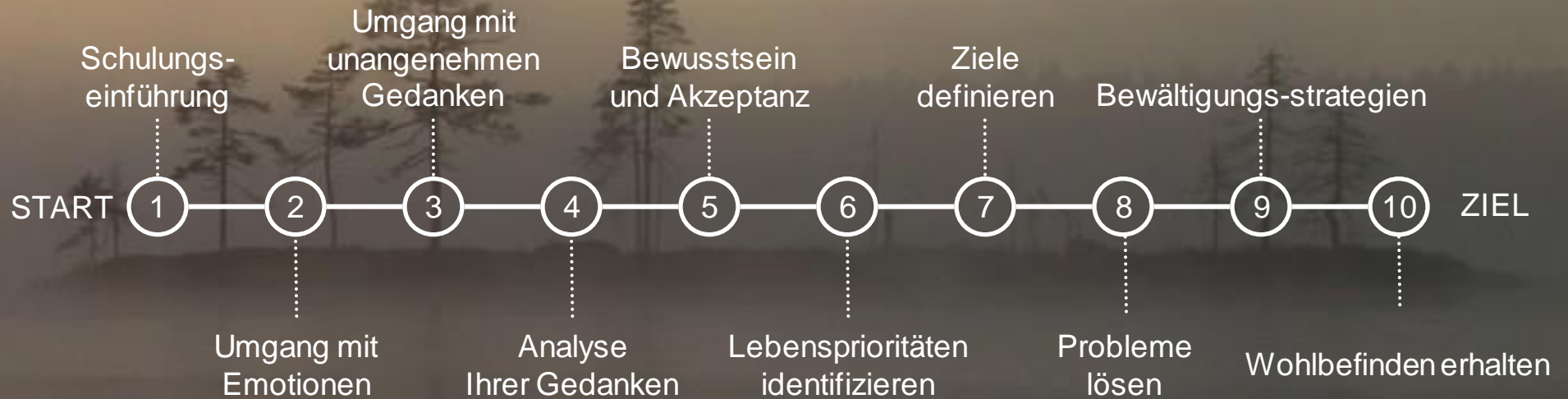


Newolo VirtualCoach

- Personalised, fully automated, online training service
- Many reporting and interactive exercises, tailored advices, mental videos
- Guides, advises and prompts the user
- Includes 10 stages with an average completion time of 10 weeks, available for 6 months, can redo the whole programme
- Users can follow the training at their own pace



DIE 10 SCHULUNGSSTUFEN



SCHULUNGSUMGEBUNG UND BEISPIELFUNKTIONEN

Die Newolo-Schulung erfolgt über eine einfache, effiziente und benutzerfreundliche Web-Oberfläche in einer virtuellen Darstellung von Finnlands schöner und beruhigender Natur.

Durch die einfache, intuitive Oberfläche können sich Benutzer auf die wesentlichen Elemente der Schulung konzentrieren.



Die Schulung enthält zahlreiche Schreibübungen und Videos mit persönlich gestalteten Tipps und Lösungen, um reale Arbeitssituationen zu simulieren.



Nachdem die Profilinformationen in vielen Teilen des Programms gesammelt wurden, werden die Inhalte auf die Eigenschaften des Nutzers zugeschnitten.



NEWOLO ONLINE-TOOLKIT FÜR COACHES

Geschäftspartner und Coaches von Newolo profitieren von den kostenlosen Tools zur individuellen und Gruppenüberwachung, die zur Remote-Nachverfolgung der Fortschritte der Kunden in Echtzeit dienen und sie beim Abschluss des Newolo-Kurses unterstützen.

Coaches laden Kunden ein und folgen ihnen. Sie können das Newolo-Programm wie alle anderen Benutzer verwenden..



Die Coaches überwachen die Kunden individuell, verfolgen ihre Fortschritte, machen sich Notizen und überprüfen nützliche, anonymisierte Statistiken über die Gruppe.



REFERENCES

NOKIA

MACHTfit
Unternehmen Gesundheit



DIACOR



BUSINESS COACHING CENTER



VIERUMÄKI

Spring House



Sind Sie interessiert, den Newolo VirtualCoach in Ihrer **Organisation** anzubieten?

Bitte kontaktieren Sie uns:

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Interessiert, unser **Partner** zu werden?

Bitte kontaktieren Sie uns:

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