



... AND ABOUT A SUSTAINABLE WAY
TO A SUCCESSFUL COMPANY.

THE LOSSES AND SUCCESSES OF A COMPANY ARE ALSO A MATTER OF MENTAL HEALTH.

Disturbance of mental health can prove to be a silent destroyer of workplace productivity and employee satisfaction. This can take the shape of reduced productivity, higher insurance costs and increased absences. In fact, mental disorders are the top reason for not going to work.

It's been estimated that one in every five persons deals with a medically-diagnosed mental illness at some point in their adult life.

Without explicit physical symptoms, individuals sometimes ascribe that feeling of "something wrong" to stress at the workplace, lack of sleep, or a host of other factors instead of getting to the root cause of the problem.

Successful organisations focus on mental health as a key benefit for their employees.

Mental health can be a driving force for every enterprise, making the individual employee more productive and less stress-sensitive, handling daily challenges more creatively and efficiently, shaping the future courageously and establishing a company where everyone enjoys working.

Thus, the promotion of employees' mental health can achieve exactly what corporate social responsibility, sustainable development and employer branding mean in a positive sense, being a substantial human factor for a successful and attractive company.



SPRING COACHING BRINGS YOUR EMPLOYEES AND YOUR COMPANY FORWARD.

SPRING COACHING can take place in your company or in various relaxed locations. In total, three levels are required to become your own coach.

1-day coaching sessions (9.30 – 16.30) can be done as a block or split up as the company wishes. The costs per employee (per full day of training) is about €150 (€25 per hour).

The coaching is designed for a minimum of 10 and a maximum of 18 people. A volume price can be negotiated if you send 50 employees and over. If you select an external venue there is an additional fee of €40 per participant for food, coffee breaks and the external venue.

Your organisation could also benefit from a rebate of 50% to up to 70% on the costs of our coaching. Please contact us for more information regarding this scheme.

SUSTAINABLE

In our dynamic times, we need more mental stability than ever. But something which is not taught at schools is how to live a really engaging, successful and fulfilling life at work and in our private lives.

This is why our Academy has developed a sustainable coaching programme tailored to the needs of business people, top managers and individuals of today's world.

To learn the soft skills that will help us to improve ourselves significantly and sustainably, in our jobs and our lives.

INNOVATIVE

SPRING COACHING combines modern psychology, traditional life philosophy and new ways of healing arts. With our own methodology in better self-management skills, we use an innovative and humorous coaching method with film therapy, the creation of cartoons and healing storytelling.

It conveys the parameters that are essential for mental resilience. It introduces self-reflection as a prerequisite for self-improvement, trains the human strategies and mechanisms that help us to move forward and to master challenges and crises. It brings us back to ourselves and opens the way to real excellence.

EFFICIENT

SPRING COACHING is fun and promotes the fun in your life, creates a good climate in your family and at work, shows ways against stress, avoids burnout and ignites the spark to achieving your full potential in a relatively short time, with the aim that everyone can be a coach for themselves in the future.



SPRING PROGRAMME LEARN WHAT YOU DID NOT LEARN AT SCHOOL: TO BE YOUR OWN COACH.

SPRING COACHING

NEW MOMENTUM

PRACTISING NEW MENTAL FITNESS

What to do if we have lost power. A humane and humorous type of coaching brings you closer to yourself and elevates yourself to inner strength, developing your passion for work and your personal life substantially. Persistent self-empowerment happens all by itself.

SPRING COACHING

POSITIVE CHANGE

LEARNING NEW LIGHTNESS AND IMPROVING MENTAL STRENGTH

Crises are a part of life and affect each of us. In a playful way, *SPRING COACHING* opens the eyes to the emotional mechanisms in us and provides us with a new way of life. Whether with our family or at work, it supports us to master challenges such as divorce and loss to let a new inner strength grow to live a stable, powerful and relaxed life again.

SPRING COACHING

INNER EXCELLENCE

MAXIMISING YOUR FULL POTENTIAL

If you have major responsibility and are constantly under high pressure, the *SPRING EXECUTIVE COACHING* will help to restore your inner compass, to renew your inner excellence, mental strength and authentic personality in a short time. This can be done with discreet individual coaching sessions or together with like-minded and ambitious people.

ACADEMY FOR INNER EXCELLENCE,
POSITIVE CHANGE & HEALTHY LIFESTYLES

Three *SPRING COACHING* sessions with different starting points. Experience shows that 3-day sessions are required to become your own coach.

Contact us and let us explain which type of coaching makes sense for the employees in your company, how many employees participate and where the courses should be held.

IN THE MOOD FOR THE CONSCIOUSLY GOOD.

The Academy for inner excellence, positive change and healthy lifestyles is the heart of **SPRING PRODUCTIONS INTERNATIONAL**, combined with a House of Inspiration and a Co-production Film Company, also to realise a new kind of inspirational story, an innovative way of film therapy and a book series.

We also see our commitment as a kind of human conservation: to spread more responsibility and sustainability in our human lives.

We also coach schoolchildren in sustainable life skills, have founded a kids club and are preparing to start our **SPRING COMMUNITY**.

SPRING PRODUCTIONS INTERNATIONAL was founded by Sharon Cusens, a Psychology graduate, a certified change instructor and passionate film maker, in collaboration with the Health Management Institute in Berlin. As a social enterprise, SPI receives financial support from the EU.

For more, visit www.springproductionsinternational.com
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