



Consulting, Training, Coaching

Health Vitality (HV) Overview

Annette Freund

FREUND INSPIRED MOVE

Neudorfstr. 45

CH-8810 Horgen

Ph: +41 79 316 6120

Email: connect@inspiredmove.ch

www.inspiredmove.ch

Questions to Your Current Status

- **Do you feel vital and healthy during work? Physically and mentally?**
- **How do you keep a vital working style?**
- **Does your vitality status influence your performance?**
- **How much energy do you have left for your private and social life?**
- **Do you feel mainly joyful and happy?**
- **How long to you plan to work?**
- **With which vitality status?**

Introduction – Annette Freund



Please find more information
on our website

www.inspiredmove.ch

*“My personality is a **“Bridge-Builder”** as I mediate and connect between different ways of thinking.”*

- **3-fold background:** Pharmacist, MBA, Systemic Business Coach
- **20 years** experience in the **Health Care Sector**
- **15 years** in **Marketing** and **Competitive Intelligence** in the Pharma/Biotech Industry
- In addition: **9 years** of **coaching** expertise

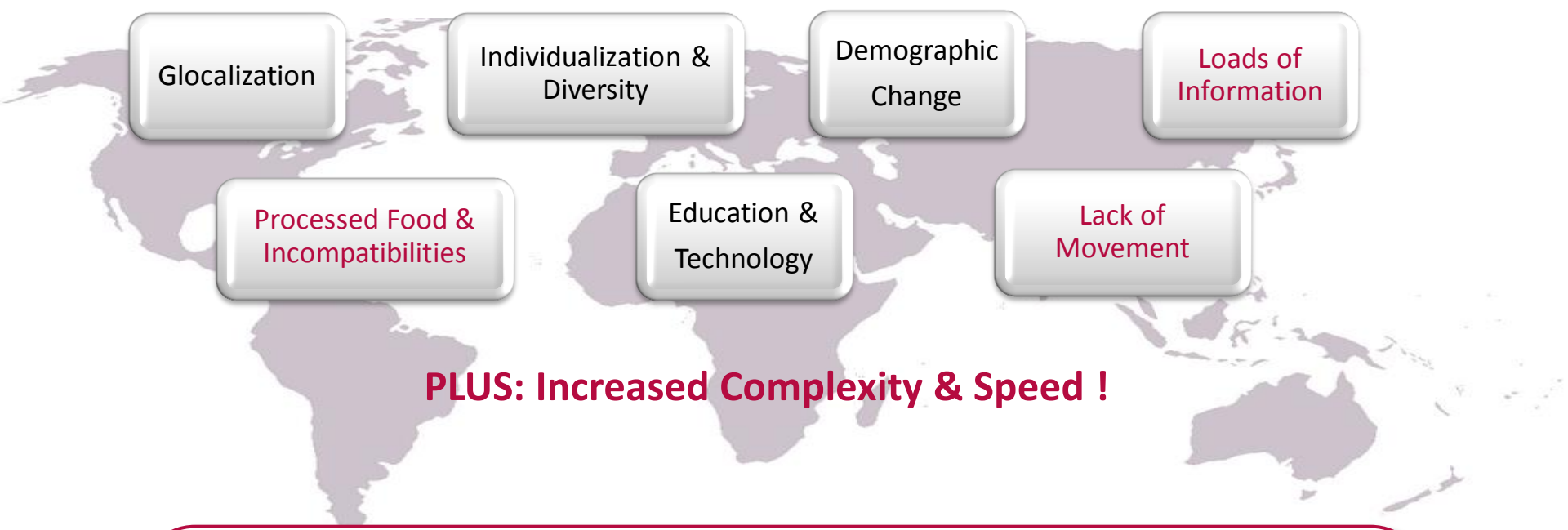
From Inspiration to Implementation!

- **Inspiration:**
 1. To work in addition to the logical-analytical solutions with creative-intuitive solutions
 2. Light up the inner fire
- **Implementation:** Put your insights into practice!

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Challenges for a Vital Work & Life in the 21st Century



Glocalization

Individualization &
Diversity

Demographic
Change

Loads of
Information

Processed Food &
Incompatibilities

Education &
Technology

Lack of
Movement

PLUS: Increased Complexity & Speed !

With new conditions, individuals **MUST seek and apply new ways**

- of leading a vital and healthy work & life style
- of synthesizing information to wisdom
- of working together!

What are Salutogenesis and Resilience?

Salutogenesis is...

“an approach focusing on **factors that support human health and well-being**, rather than on factors that cause disease (like pathogenesis).“ (Aaron Antonovsky)

Antonovsky developed the term from his studies of "how people manage stress and stay well". **He observed that stress is ubiquitous, but not all individuals have negative health outcomes in response to stress.**

According to his studies the 3 coherence factors in coping with stress are:
comprehensibility, manageability, meaningfulness

Resilience is ...

the process to **adapt well in an emergency situation** and the ability to **recover from difficult situations** (American Psychological Association)

**Key for
Transformation** →

Resilience is ...

the ability of a system to **constantly change and adapt to new circumstances** without crossing critical limits (Stockholm Resilience Centre)

The Wheel of Life – How Smooth and Fast do You Drive?

How do you rate your current situation?

- On a scale from 0 to 10
- For each segment
- Connect the dots

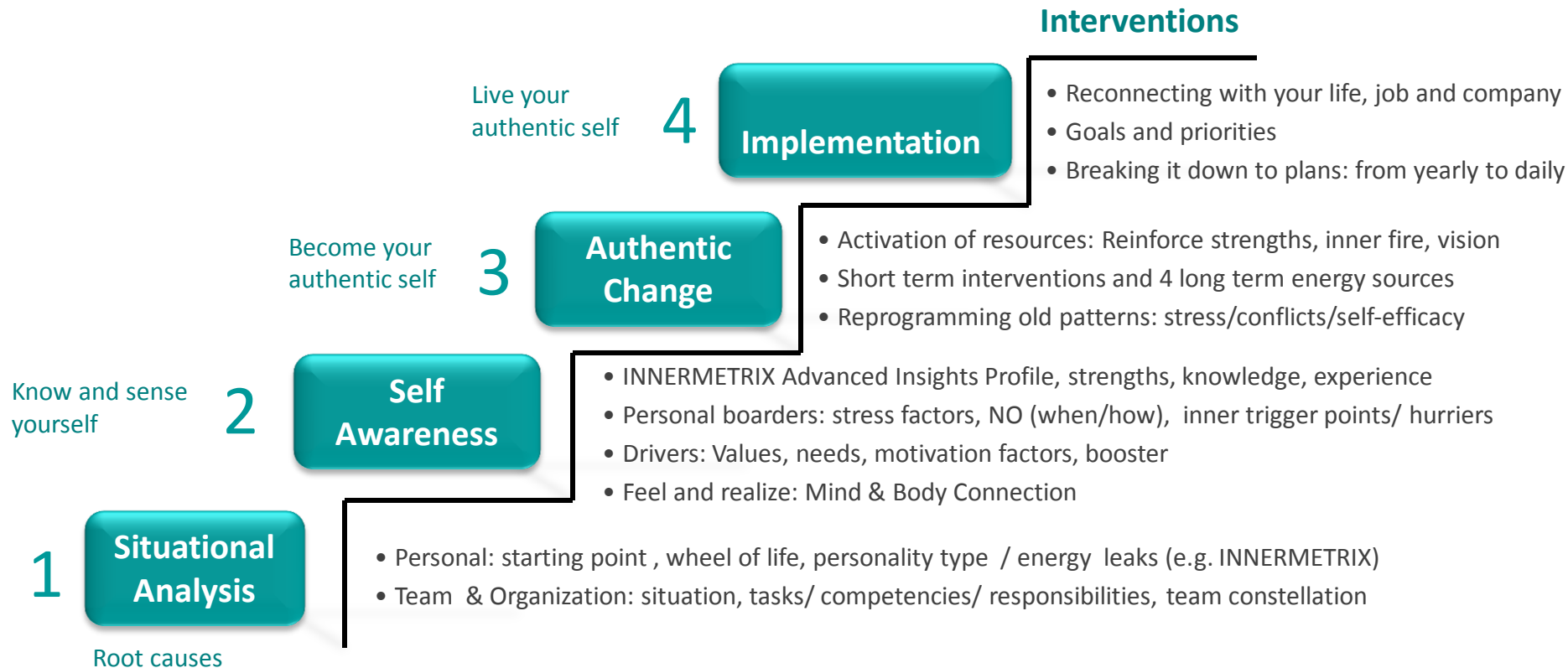
How round is your wheel of life?

Do you have a smooth or a shaky ride?
Do you have a small or a big wheel?

What would you need to give every segment a 10?



The 4 Step Process to a Vital Work & Life



Health Vitality: HV with Us – Key take-aways

Health-Vitality is the **art of keeping an vital work & life** in times of change and extremes. It is the **key factor staying healthy, inspired and innovative** and dealing with increased complexity and speed.

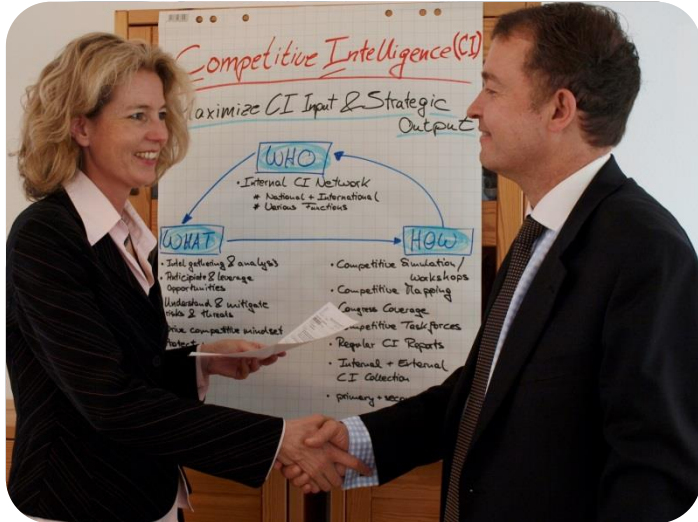
- HV helps you to identify energy leaks and to focus on your authentic strengths
- HV enables you to live your authentic vital work & life style in a long-term
- Which **connects people to an inspiring vision** and leads them to **innovative, successful work style**.

FREUND INSPIRED MOVE guides you to reconnect with your healthy and vital work & life :

- HV Training for your leaders and managers
- HV coaching 3 to 6 months packages, shadowing, supervision
- Increasing vitality level, preventive measure or re-entry into the job after e.g. burn-out
- Integration into daily life routine

From Work-Life Balance to a Vital Work & Life!

Our Offer: From Inspiration to Implementation!



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Have you ever asked yourself:

How can we come to new solutions?

How can we really put them into practice?

From Inspiration to Implementation!

FREUND INSPIRED MOVE guides you through the process. For example:

- **Consulting:** Marketing and Competitive Intelligence – Strategy, Process and Workshop Design
- **Training:** Inspirational Leadership, Competitive Intelligence and Team Development
- **Business Coaching:** Career Decisions, Inspirational Leadership and Health-Vitality

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