

„Back to the joy of life“

Global Topspeaker Dr. Brigitte Bösenkopf talks in her practical lectures about the correct handling of stress, how to avoid stress and how to be mentally and physically healthy at work. Dr. Brigitte Bösenkopf is a psychologist for major banks and supports victims of bank robbery. Those acute crisis situations, which often end in hostage-taking, are a shock moment for employees and very difficult to handle. The stress-expert supports during the coverage and provides the fitting crisis management for ideal regeneration.



Expertise: Stress management, burnout prophylaxis, burnout-prevention, resilience

Languages: German, English

LECTURES

- mentally healthy and fit in work and everyday life despite stress
- crisis management: what we can learn from bank robbery
- 7 tips for fast stress relief and regeneration at work

PARTICIPANT FEEDBACK

Brigitte Bösenkopf notices that a joyful life is a technique which stimulates our health, activates our self-healing process and therefore makes us more panic-proof.

Presstext Austria /

HAPPY CUSTOMERS

PRESS REPORTS



16.08.2012

Beat the stress: Speaker Brigitte Bösenkopf tells you how



06.04.2016

Global Topspeakers excited about speaker awards 2015



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