

THE UNLEARN

ASSESSMENT

ON STRESS AND BURNOUT



Unlearn the mental and emotional programming leading to stress and burnout - So you can rewire and relearn to thrive and be healthy.

.unlearn

DETAILS ABOUT THE

ASSESSMENT

ON STRESS & BURNOUT

How are you? And how is your team?...and how is your team?

The Unlearn Burnout Assessment provides you with a comprehensive report based on your answers to the Assessment. The Unlearn Burnout Report gives you 4 key insights on burnout risk factors + clear direction on how to recover from burnout and prevent relapse based on clinical research.

Upon taking the Unlearn Burnout Assessment you will receive a comprehensive Report which outlines your:

- Degree of Burnout and wellbeing
- Psychological + Behavioural Risk Factors
- Risk of Stress Related Illness
- Areas of Growth Potential



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Beyond the typical burnout inventories, The Unlearn Burnout Report scores an individual based on the degree to which stress and overwork has led to burnout, and also provides a comprehensive overview of the behavioral patterns, psychological tendencies and personality traits which increase the likelihood of succumbing to burnout.

Fortunately, our mental structures and emotional programs are not fixed. We can unlearn unsupportive behavioral patterns and relearn resilience boosting strategies to reduce our risk of burnout, enhance our recovery, and prevent relapse.

The Unlearn Report outlines specific areas of potential growth for the individual, and is the only assessment on the market which includes this empowering information. Don't worry, we won't leave you hanging, if you wish to implement a wellbeing protocol or wellbeing programs to follow up on the report - we have developed a great selection of programs and training for this purpose.

Finally, the Unlearn Report indicates one's risk of developing stress related illness such as anxiety, depression, cardiovascular disease, decreased cognitive function, physical decline and death.

In the near future, you will be able to track these risks over time with the option of adding biomarker testing and the integration of our app-based Unlearn programs with wearable health technology.

The most popular versions of the Unlearn Burnout Assessment:

The Individual
The Department
The Management



THE UNLEARN ASSESSMENT

METHOD

PURPOSE & BENEFIT

HOW YOU GET ASSESSED

We provide you with a specific and completely secure and GDPR compliant link to the your assessment. The link will be either personal, or tailored to assess multiple individuals. Upon completion you can either get your individual report instantly online, or a tailored report including recommendations can be sent to team/management of your choice.

WHY GET ASSESSED

We can not work with, improve or address what we can not see. Often it even boils down to knowing how to ask the right questions based on expertise within the field. Knowing a baseline provides a massive opportunity for growth and expansion - not to mention cost saving measures.

DIRECT OUTCOMES

When we chose to address the wellbeing of the humans in our organisation (or ourselves) it sends a very clear internal and external message about our core values. It directly impacts our attraction and retention capacities to have a wellbeing protocol. And business-wise it's just smart. Plain and simple.

Companies can expect a 3:1 return on a reactive approach to mental health, compared to an average return of 6:1 for a company-wide culture/awareness raising approach.

To get assessed contact your consultant Helene Philipsen directly at
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