



LESS STRESS MORE ENERGY

If you experience regular stress, you may develop stress-related issues. This can be unpleasant and often comes at the expense of your health.



You are not alone in experiencing stress-related issues. One in six workers in the Netherlands regularly suffers from complaints such as headaches, a stiff neck, fatigue, concentration problems, or a short temper. Stress consumes a significant amount of energy, and if left unaddressed, these issues can escalate into a burnout.

Would you like to reduce stress and increase your energy levels?

Doorzaam offers you a free 6-week training! You'll learn how to deal with stress better

You'll undergo this training with the assistance of a personal coach from Lesstress, who will conduct a weekly video call to discuss your progress, results, and address any questions you may have. You'll use a mobile app to perform your daily stress measurements and complete assignments.

It takes approximately 15 minutes per day to complete the program.



You decide to participate and inform either your employment agency or us (Doorzaam).



You will receive a confirmation email from Doorzaam regarding this free training.



Lesstress will contact you to start the training.



Four weeks after completing your training, Doorzaam will conduct a final evaluation.



You can register through your employment agency or through us. Contact Doorzaam at info@doorzaam.nl.

Why are we offering this to you?

Because we believe in strengthening your power!

Your obligations?

15 minutes per day to complete the questions via the app and the weekly appointment with your coach.

What does it get you?

Insight into your health and tips on how to improve it