

Whom to contact?

Coaching

Coaching, guidance and training

- ✓ Career development
- ✓ Personal development
- ✓ Vitality issues related to work and development
- ✓ Guidance after absence from work

Social work

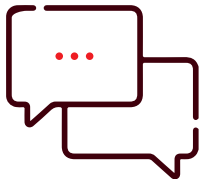
Coaching and guidance

- ✓ Personal themes: loss and grief, informal caregiving, and practical problems
- ✓ Work-related themes: work-life balance, mild stress complaints, heavy workload, and issues regarding collaboration and communication

Campus psychologist

Coaching and close guidance

- ✓ Stress, tension and strain-related complaints
- ✓ Mood and anxiety complaints



Max. 5 sessions

Max. 5 sessions

Max. 10 sessions

Click to sign up for a coaching session

www.radboudnet.nl/development

Click to sign up for a social work session

www.ru.nl/socialwork

Click to sign up for a session with a campus psychologist

www.radboudnet.nl/campuspsychologist