

The care and support programme for a sustainable reintegration



Reintegration partner Oh My People

Oh My People has partnered with AG since the launch of the reintegration programme. This organisation takes an innovative approach to stress and burnout and supports employees with personalised wellbeing counselling. Their unique **neurobiological approach** strengthens employees' resilience and flexibility. Even after restarting employees with a mental stress-related disorder, Oh My People keeps its finger on the pulse, with a view to **sustainable results**.



Core of
40 specialists
+ secondary
network



Neuro-
biological
approach



Satellite
practices
throughout
Belgium



Mobile team
if distance
therapist-patient
> 35 km



Three
languages:
EN - NL - FR

Tools, psychological counselling and reinforcement through job coaching

Oh My People stands for **efficiency, speed and precision**. Employees are contacted within 48 hours after receipt of their file. When they participate in the programme, they are personally handed or sent a Starter pack soon after, making the start-up concrete immediately. Oh My People's approach provides a range of tools for daily use and for careful monitoring of progress. Participants are taught concepts and attitudes that are directly applicable to their personal and professional lives. This allows them to gradually take back control of their lives.

Stresscrafting® - Making stress work

The cornerstone of an Oh My People programme is that skills are strengthened through **advanced job coaching** using the Stresscrafting® technique. This neuroscientific methodology teaches your employees how to embrace stress to make them stronger. With a focus on resilience, efficient communication and stress management, stress becomes an ally that improves memory, boosts productivity and even boosts the immune system.

A solid network

The various service providers in this partner's network are highly qualified and carefully selected. They are closely intertwined with Oh My People, thanks in part to the assessments, refresher courses and training organised within the network.

