

The vitality program, developed in collaboration with the HC Health agency, consists of five subjects this year. Every colleague\* can register for one subject per year.

## **Mindset coaching**

Are you easily distracted, busy in your head and do you regularly feel restless? Then Mindfulness may be something for you. Mindfulness ensures that you stop worrying, experience less stress, work more effectively and feel better in your own skin.

After completing this workshop you have learned to consciously give your thoughts, emotions and physical signals a place.

HC Health organizes and facilitates the various coaching programs. They are also our partner in the field of business physiotherapy. The vitality program is an addition to the employment conditions and is available from now until the end of December. You can register via the external landing page of HC Health. For more information you can send an e-mail to [vitality@vanlanschotkempen.com](mailto:vitality@vanlanschotkempen.com)

\*Colleagues with a Van Lanschot or Kempen contract, in which the probation period has expired. Unfortunately, external staff and trainees cannot participate in this program.