

Hello

Congratulations on taking this first step to sit down and take care of yourself! Before anything else, let me briefly introduce myself:

Who am I?

After graduating business engineer, I had a rich and varied first life as the head of a family SME at the age of 24, then in the management of for-profit and non-profit organisations, both in Belgium and abroad, with *nearly 25 years of managerial experience*. My passion? Accompanying change toward its full potential.

After my burnout, and various training in psychopathology, high potentials, coaching, NVC, and *hypnosis*, I founded Stress Out in 2015. I will be certified as an external trusted person in October 2024 and continue training in other techniques.

In 2018, I co-founded the Stress & Burnout Clinic at Chirec Lambermont where I consulted for 4 and a half years. I joined other medical centers that focus on interdisciplinarity and an integrative vision of burnout.

My ambition?

- provide accurate and nuanced answers to manager work-related stress, sustainably recover from burnout in the long run and create a favorable climate for fulfillment, at an individual level and in organizations and institutions, in the three languages that I speak fluently : English, French (mother tongue) and Spanish.
- transmit my knowledge through my YouTube channel and via weekly capsules on BXFM radio and on [Spotify "les secrets du Burn-Out - Anne Habets" \(FR\)](#).

With a global, innovative and multidisciplinary approach and the help of a qualified network of doctors, psychiatrists, psychotherapists, lawyers, etc., we support you from prevention, to care and accompany you to return to your core profession - serenely and sustainably, both individually and collectively.

Want to know more? Watch our videos on my YouTube channel Anne Habets StressOut:

You will find an introduction to meditation or advice on how to get out of burnout. As an introduction to your consultation, I invite you to listen to this via the QR code opposite: "Understanding the basics of stress and burnout to get out of it permanently"(FR)



Individual consultations

During our sessions, I use a variety of tools and support you from different angles or perspectives:

- **Active listening** to overcome denial and implement means to regain sleep, relaxation and pleasure.
- **Evaluation of your situation** through tests (burnout, stress, HP, etc.). Nutritional advice related to neurotransmitters.
- **Coaching and hypnosis** to release inherited blockages and evolve your mental mechanisms. Encourage mental freedom, emotional balance and a new relationship with work.
- **Access your internal resources** to move serenely and fully into your present.
- **Introduction to meditation**, transformation of limiting **beliefs**, regulation of emotions and needs,
- Practice of **assertive** and **non-violent communication** (NVC).
- **Administrative advice**: do you have an appointment with the occupational doctor, the medical advisor (mutual) or the insurance company's ? I prepare you by explaining their respective roles and interests.
- **HR and leadership advice**, drawing on my 25 years of experience leading both commercial and non-profit organisations, as well as my ongoing work as a consultant and facilitator.

Where and when?

At Terre Rêves
Chsée Wavre, 1762B- 1160 Brussels
Mondays from 4 to 7 p.m.

At my private practice or online
Rue H de Mol 15, 1780 Wemmel
The rest of the week

Schedule appointment through Progenda :
<https://progenda.be/centers/annehabets>

How many?

Subject to VAT, I offer 2 rates depending on your regularity: 80€/1 hour or 70€/1 hour – fixed weekly consultation. Preferably in cash or MobilePay (no bancontact). Any postponement/cancellation within 48 hours is charged.

Details of individual consultation formats: <https://www.annehabets.org/consultation-individuelle>

Collective support

IACA Path, to recover from burnout and prevent it... in 9 modules towards a stable return to your core profession! 19th edition spread from October 24 to Jan 25

Pioneers in multidisciplinary and collective support for stress and burnout since 2016, we have designed the IACA path – Integration, Accompaniment, Consciousness & Aptitudes, with a team of 4 professionals and the support of experts. Composed of 9 modules spread over 4 Saturdays and a closing evening, it allows you to explore 9 pragmatic tools and techniques to recover from burnout and serenely return to your core profession... by accompanying the metamorphosis (and avoiding relapses), for almost 8 years.

Objectives?

- **Awareness and integration**, self-discovery and stressors identification.
- **Exploration of 9 new resources** such as stress according to Neuroscience, hypnosis, breathwork, meditation, transformation of limiting beliefs, emotions and communication, Biodanza, systemic constellations, coaching...
- **Understanding and acceptance** of (pre)burnout through exchanges and sharing with other participants and 4 experienced professionals.

Where and when?

- in Tervuren – CP Bubbles room – easy access/parking
- **4 Saturdays** : Oct. 12, Nov. 16 and 30, Dec. 14 and **Thursday evening**, Jan. 16 (excluding school holidays)

How many?

- On request, it varies according to your reality.
- Employers often send their employees to follow this program before or when they return to work – offer on request from your manager or HR

Practical information, testimonials, booking: <https://www.annehabets.org/sortir-du-burnout>

Click on this link to discover the details of the 9 modules

Isla Gomera and the Essential: Inner Serenity, Connection and awakening

Harmonize the five dimensions of being: body, emotions, thoughts, energy, and consciousness.

Explore and enhance them through workshops and the beauty of this preserved island in the Canaries.

Accommodation is provided at the **** Playa Calera hotel. This carefully crafted program is co-facilitated with **Pierre Josis**, a coach and body psychotherapist specialized in conscious breathing.

I am sharing my little piece of paradise with you, where I regularly recharge my batteries since 2011.

Just a few steps from a primary forest, "Garajonay Park", we embark on a journey towards the essential: meditation, breathwork, hypnosis, dance, workshops, visits... This retreat promotes a balance between listening, introspection, sharing, discovery, curiosity, and kindness throughout this transformative experience. This escape bubble will have lasting effects beyond your stay, integrating into your daily life. We leave serene, with light hearts, and suitcases full of tools.

Videos and testimonials on [facebook.com/passionislagomera](https://www.facebook.com/passionislagomera) or [Instagram.com/passion.isla.gomera](https://www.instagram.com/passion.isla.gomera)



Where and when?

- Valle Gran Rey, south of La Gomera - Canary Islands (Spain)
- **October 31 to November 7, 2024**

How many?

- **1499€** all-inclusive except flight - transfer, presale until 15/09/24. 1599€ until 30/09/24.
- Group of 8 to 12 people (max.)

Program, video - photo and reservation: www.islagomera.be

Stress Out Café

In companies, non-profit organizations or parastatal organisations, I offer training such as burnout prevention, support and preparation for post-burnout return, individual and collective stress, as well as the identification of dysfunctions aimed at management. I also facilitate the development of action plans following the diagnosis of psychosocial risks. My approach is flexible in terms of format, duration and content. See the post-burnout return to work as an opportunity for organisational improvement, use my field expertise, my concrete tools and realistic advice, as well as intervention and collective intelligence methods.

More info: <https://www.annehabets.org/formation-burnout-preparer-le-retour-apres-maladie>

We look forward to accompanying you on your path!

Warmly, Anne Habets

***"The mind is enriched by what it receives, the heart by what it gives."* – Victor Hugo**

Anne Habets – accompaniment in Fr/Eng/Esp.
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