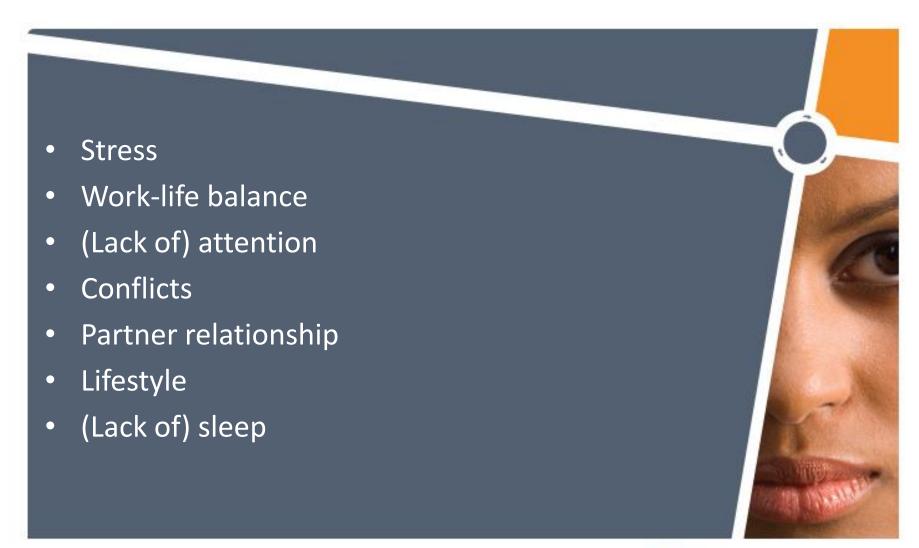
Online health coaching:
Can EMH prevent employees from getting ill?
What interventions are effective?



# **Key risk factors (hypothesis)**

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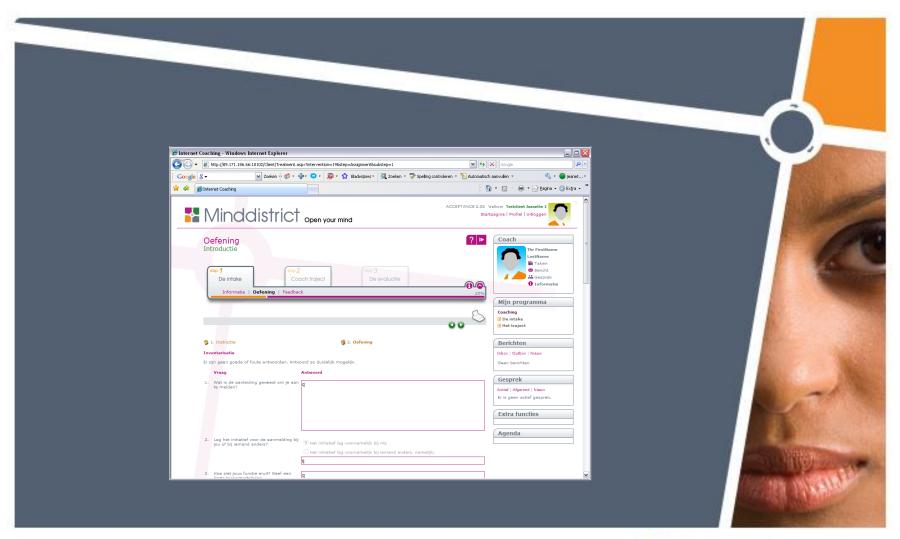


# Online health coaching modules





# Online coaching portal







# **Coaching project**

- 3 coaches (psychologists)
- intervision by experienced coach
- 70 coachees
- 60% female, 70% 20-35 years

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- different branches
- 4 months





#### **Conclusions**

- Effectiveness (80%) and usability (85%) good
  - Health coaching issues are generally less complex than in therapy
- Health coaching often relates to clinical problems (30%)
  - Module Dysfunctional cognitions or referral to therapy
- Face-to-face sessions are required/requested (85%)
- Most popular modules
  - Stress management
  - Time management
  - Work-life balance



