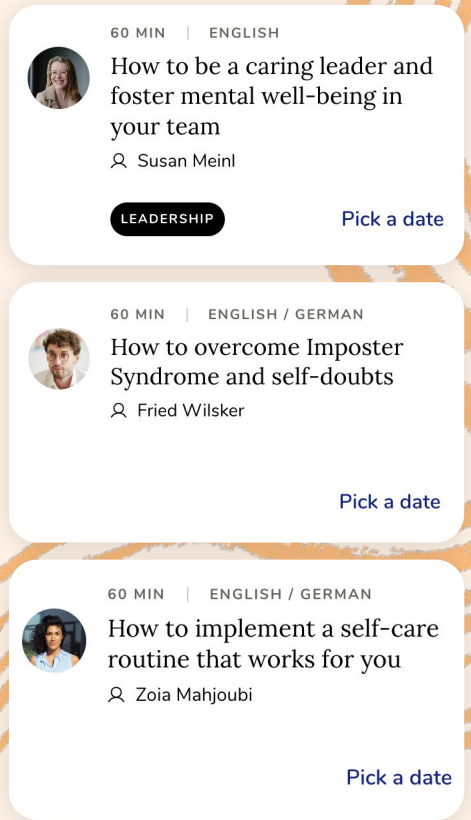
nilo.health

Have you tried nilo.roundtables yet?

Live Group-Sessions

nilo.roundtables are group-sessions via Zoom led by nilo's experienced psychologists, coaches and trainers.
By attending **nilo.roundtables**, you can learn more about different mental health topics & put your insights into action:

- get into exchange with other nilo users and benefit from their experiences & methods
- in max. 60 minutes you learn about a specific mental health topic - either private or work-related!
- It is always a safe space - sometimes it's good to know, that we are not alone with our topics!
- available in English & German
- **nilo.roundtables** are **unlimited** accessible for you!



The space for mental health at work

nilo.health

A selection of nilo.roundtables in December 2022

How to overcome Imposter Syndrome and self-doubts

Do you wonder whether you achieved your goals through luck rather than your abilities? Are you struggling with self-doubts? Join this roundtable and get to know a toolkit!

Dates: December 9th// 10am & December 20th // 1pm

How to be a caring leader and foster mental well-being in your team

For Leaders: Do you want to learn how to take better care of your team and foster their mental health? You can discuss the challenges you face with other leaders!

Dates: December 1st// 10am

How to understand and regulate negative emotions

Are your emotions managing you or are you managing your emotions? It's not always easy to keep calm and be kind towards yourself when feeling angry, anxious or insecure.

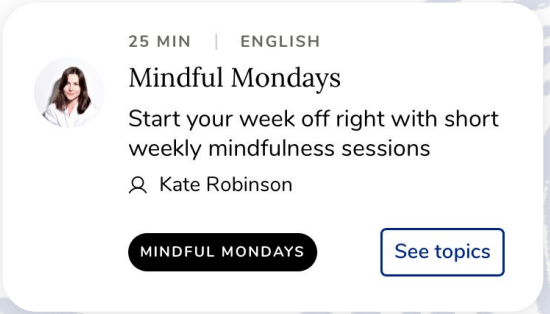
Dates: December 6th// 12am & December 15th // 2pm

How to implement a self-care routine that works for you

Do you feel overwhelmed by what is going on in your life (and the world) without being able to distance yourself from it in a healthy way? Is it difficult for you to set boundaries?

Dates: December 8th// 10am & December 14th // 11am

...or start your week with our
Mindful Mondays!
Every Monday morning // 9am



You wanna know more?
Have a look on your nilo.platform!

The space for mental health at work