

TOPIC CATALOGUE · 10 KEYNOTES

Keynote *Topics*

Mental health at work: practical, science-based keynotes on stress, resilience and wellbeing, grounded in everyday life.

01

Introduction to Stress Management:

Understanding stress and handling it with more confidence

Stress is not fundamentally the enemy. It can even have benefits. What matters is how we handle it. In accessible terms, we look at how stress arises, what happens in the body and brain, and when stress becomes dangerous.

CONTENTS

- What stress is and what it is not
- The stress response in the body: what actually happens
- Early warning signs: how to recognise when stress becomes dangerous
- Techniques for acute stress moments
- Small changes with impact: reducing stressors, strengthening resources

Ideal for: Teams and leaders, as an introduction to the topic or an impulse for health days.

02

Mental Stress Management & Inner Drivers:

The pressure we put on ourselves

Rumination, perfectionism, self-criticism: mental stress can be exhausting even when everything looks normal from the outside. We explore inner drivers such as "be perfect", how they amplify stress, and strategies to relieve the pressure.

CONTENTS

- Mental stress amplifiers: rumination, catastrophising, all-or-nothing thinking
- Recognising inner drivers: the automatic thoughts running in the background
- From inner critic to inner coach: self-leadership instead of self-stress
- Tools for mental relief: reframing & gaining distance

Ideal for: High-responsibility roles, demanding teams, anyone with a lot on their mind.

03

Understanding & Overcoming Procrastination:

No more putting things off

Procrastination is rarely laziness. It is often driven by overwhelm, uncertainty, perfectionism or mental exhaustion. This session is about understanding the mechanics of putting things off and getting back into action, without adding more pressure.

CONTENTS

- Why we procrastinate: emotions, stress, perfectionism, overwhelm
- Recognising the procrastination loop and interrupting it at the right point
- Clarity instead of chaos: defining tasks so getting started is easier
- Small steps that work, to move into action
- Dealing with inner resistance: motivation often follows action

Ideal for: Knowledge work, complex tasks, teams with a high degree of ownership.

04

Resilience & Inner Strength:*Staying stable, without becoming hardened*

Resilience doesn't mean bottling everything up; rather, it means assessing challenges realistically, recovering from them, and remaining capable of taking action. We'll explore what resilience entails and which factors make a difference in our day-to-day work lives.

CONTENTS

- What resilience is and how it can be trained
- Overview of the pillars of resilience
- Dealing with setbacks: psychological first aid and perspective shifts
- Strengthening resources: social support, meaning, self-efficacy
- Small habits for more stability

Ideal for: Teams going through change, highly dynamic environments, leaders and employees alike.

05

Perfectionism:*Staying productive in a healthy way*

Perfectionism often feels like a driving force, but it can become a constant source of stress. It's not about doing away with high standards, but about managing them appropriately: knowing when attention to detail is helpful, when it holds you back, and how to perform well without overwhelming yourself.

CONTENTS

- Recognising perfectionism: helpful and less helpful forms
- The cost of excessively high standards: time, energy, team dynamics, decision paralysis
- A culture that allows mistakes instead of fear of mistakes: keeping standards healthy
- Dealing with self-criticism: reducing inner pressure while maintaining quality
- Practical strategies: prioritising, delegating, deciding, finishing

Ideal for: High performers, leaders and teams with high levels of responsibility.

06

Self-Doubt & Impostor Syndrome:*Becoming more confident, without needing to be louder*

Many highly capable people live with the fear that their competence could be exposed as insufficient. The goal is to better understand self-doubt and develop a more stable way of dealing with it, in order to remain capable of taking action and to assess one's own competence more realistically.

CONTENTS

- What self-doubt is, and why it is not a sign of incompetence
- Impostor mechanisms: typical thought and behaviour patterns
- Strengthening self-efficacy
- Dealing with feedback: neither dismissing it nor overthinking it
- More inner stability: self-compassion, mindset, reframing

Ideal for: New roles, high potentials, leaders.

07

Setting Healthy Boundaries:*Saying no without feeling guilty*

Many people say yes when they mean no and then wonder why they feel tired or irritated. Setting boundaries is an act of self-leadership: it protects time, energy and focus. This session covers why setting boundaries is hard and how to communicate them respectfully and effectively.

CONTENTS

- Understanding people pleasing: motives, patterns, hidden costs
- Recognising early warning signs
- Boundaries in practice: time, tasks, availability, emotions
- Communicating clearly without seeming harsh: phrasing that works
- Dealing with guilt and the pressure of "you really should"

Ideal for: Teams with a strong helping instinct, leaders and employees with a full agenda.

08

Optimism & Positive Psychology:*Activating resources*

Optimism does not mean smiling away problems, it means widening the view: what is still going well? What can be influenced? This session draws on methods from positive psychology that research links to greater wellbeing.

CONTENTS

- Optimism is not naivety: distinguishing it from toxic positivity
- Attention control: why our attention tends to get stuck on problems
- Practical exercises: gratitude, best possible self, using strengths
- Making good days easier to plan for: small interventions with impact
- Team effect: how positive rituals support collaboration

Ideal for: Teams going through demanding phases, leaders, and organisations looking for a culture or health impulse.

09

Mental Health Awareness:*Recognising warning signs and responding constructively***SPECIFICALLY FOR LEADERS**

Mental health struggles are common and often remain invisible for a long time. This session is about recognising warning signs early, removing the stigma around the topic and staying able to act. Leaders often find themselves balancing duty of care, responsibility and their own limits.

CONTENTS

- Mental health at work: context and common patterns of strain
- Warning signs: behaviour, performance, communication, withdrawal, irritability, sleep
- Burnout, depression, anxiety: the basics, without diagnosing
- Having the conversation: sensitive, clear, without pressure, with helpful phrasing
- Limits and responsibility: what leadership can and cannot do

10

Psychological Safety in Teams:*Leadership that makes trust possible***SPECIFICALLY FOR LEADERS**

Psychological safety means people feel safe to ask questions, voice concerns, address mistakes and contribute ideas without fear of being judged. It's an important foundation for learning, innovation, good decisions and healthy collaboration in teams.

CONTENTS

- Definition and common misconceptions: not a soft, feel-good exercise
- Why it supports performance: learning, a culture that allows mistakes, quality, innovation
- Leadership behaviours with impact: listening, asking, acknowledging, inviting input
- Communication in the team: making meetings safer, not just louder
- Dealing with mistakes and criticism: blame versus responsibility
- Practical tools: check-in & check-out, learning questions, debriefs, ground rules
- A first reality check: what a safe team looks like

WHO THE KEYNOTES ARE FOR

- Employees
- Leaders
- Employers, HR, People & Culture

WHAT PARTICIPANTS TAKE AWAY

- More stability in everyday working life
- More focus and better concentration
- Stronger team cohesion
- Clearer, more confident leadership
- Inspiration for a more open company culture

HOW WE WORK TOGETHER

- 1 Initial no-obligation call to clarify needs
- 2 Planning and delivery, keynote online or in person
- 3 Follow-up, materials and recording if agreed

FORMAT & LOGISTICS**Format:** Online or in person**Languages:** German or English**Location:** Across Germany (travel and expenses covered by client)**Delivery:** Amelie Schomburg-Bohl (Psychologist M.Sc.) in person; network available if fully booked**Materials:** Handouts included, recording possible**PRICING****from €550** net

Package rates available

*Sounds like a good fit? Let's talk.***Send me a message**

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