



Dr. med. Manuela Jacob-Niedballa

“Healthy stress management as a success booster”

Dr med. Jacob Niedballa is an expert on coping with stress in healthy ways. As a specialist in occupational medicine, she offers sound knowledge on the interaction between work, social demands and mental strain. She works, amongst others, for the government of Upper Franconia. Together with her husband Dr Rolf Niedballa, she operates a surgical/orthopaedic clinic with an outpatient surgical centre. In her seminars and presentations, she thrills participants with solutions proven in practice, and motivates them to effective changes for a fulfilled and successful life. Dr med. Jacob provides support to numerous companies, from medium-sized enterprises to international corporations, with future-oriented occupational health management.

Themes

> The Stress Myth – The path to performance passion instead of performance frustration

- Recognise occupational stress factors and their impact.
- Use your stressful energy to boost your success.
- Determine two questions that could identify burnout.
- Discover what influence gratification models have on the health of your employees.
- Develop custom strategies for dealing with stress in a healthy way.

> Healthy Leadership – lead successfully and healthily

- Find out what significant impact leadership can have on employees' health.
- Increase intrinsic motivation with “healthy management models.”
- Learn how to reduce stress with healthy communication and optimize performance flow.

> Healthy Services – Significantly increase patient and employee satisfaction

- Communicate telephone appointments in a patient-oriented way.
- Create service-oriented waiting times.
- Measurably increase satisfaction through patient-centred communication.
- Optimize the organisation in your practice and minimize the team's stress.

> Other topics:

- Conflict without a weapon license.
- Risk assessment of mental stress.
- Future-orientated occupational health management.

References & Press

“With wit and charm, she managed to sensitize our sales representatives to the subject in a concise and clear manner. Moreover, she was able to embed simple and practical hints and tools for personal stress management among many of our employees. The feedback has been excellent. We look forward to further cooperation.”

Michael Traub, Süddeutsche Krankenversicherung

“Ms Jacob-Niedballa gave the staff of the VR-Bank Coburg a carefree evening. Numerous discussions in recent days have shown that with her presentation she has not only met our expectations, but also those of our employees. We were all impressed that night by her huge engagement. Ms Jacob-Niedballa succeeded in making the presented topic accessible to the public. Many people – even those who have never been interested in the subject – have all found one way or another to deal with personal stress, no matter what stage of life they're in, either on that night or at some point thereafter. I am very much looking forward to our next encounter!” **Karlheinz Kipke, CEO, VR-Bank Coburg eG**

Inspiration



> People, books, and events that inspire me:

- People that inspire me:
Coco Chanel, Mahatma Gandhi
- Books:
David Rock, “Brain at Work”
- Events:
The first heart transplant in 1967 by Christiaan Neethling Barnard

Fees & Languages

Keynote speech E

Daily rate E

Languages  

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Bamberg



Media



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