



Dr med. Maueala Jacob-Niedballa

Dr Jacob-Niedballa is an expert on how to deal with stress in a positive way. As a specialist in occupational medicine, she offers in-depth knowledge on the interactions between work, social demands and mental overload. Her clients include the government of Upper Franconia and for years she has been active on boards across the nation on, among other things, the subject of mental stress. Together with her husband Dr Rolf Niedballa, she runs a surgical/orthopaedic clinic with an outpatient surgical centre. In her seminars and talks, she inspires participants with her tried-and-tested solutions and encourages them to make long-term changes so they can enjoy a fulfilled and successful life. Dr Jacob-Niedballa supports numerous SMEs, international groups as well as practices and hospitals with future-oriented measures of occupational health management and with the topics of „healthy leadership“ as well as „the digital working world of the future“.

"The digital evolution starts in your head"

Themes

› Stress-free despite the digital overload.

- The world undergoing a digital transformation – strategies for a healthy and efficient life
- From hunter to nerd – changing the world of work
- Brain on/off – brain-friendly working with better performance
- Digital leadership – sustainable leadership models.

› The practice and clinic 4.0 – future-proof models in the 21st century.

- Organisational Management in the „practice“
- The no-nos when dealing with patients
- Focusing on service as a standard
- The „musketeer principle“ in teamwork.

› The healthy company of the future.

- The path from frustration to pleasure
- Leadership in digital and agile systems
- The sense and nonsense of bonus models
- Meaningful measures in occupational health management.

› Mental stress: risk or opportunity?

- Using „stress energy“ to boost success
- The design possibilities of occupational stress factors
- Risk assessment of mental stress: a stress management tool
- Healthy leadership for you and others

References & Press

"With her wit and charm, she managed to increase our field staff's awareness of the topic in a concise and illustrative way. Moreover, she was able to instil simple and practical tips and tools for personal stress management in many of our staff. The feedback was excellent. We look forward to working together with her again."

Michael Traub, Süddeutsche Krankenversicherung

"Ms Jacob-Niedballa gave the staff of the VR-Bank Coburg a light-hearted evening, and numerous discussions in recent days have shown that she not only met our expectations, but also those of our staff. We were all impressed by her huge degree of dedication that evening. Ms Jacob-Niedballa managed to make the topic she presented accessible to the public. Numerous people – even those who have not been so interested in the topic before – discovered that evening, or will in future, find some way to deal with the stress they experience in all their personal circumstances. I'm already looking forward to our next meeting!"

Karlheinz Kipke, CEO, VR-Bank Coburg eG



Inspiration

› People, books and events that inspire me:

"I'm inspired by people who recognise innovative prospects and explore new horizons. Stress can be a performance booster; it can give us wings and impel us forward. I explain to my listeners how they can deal with stress factors and live a fulfilled and productive life."

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