



Dr. med. Sabine Schonert „Dr. Stress“

Dr Sabine Schonert („Dr Stress“) has been a sought-after stress management and health expert for 20 years. After studying in Cologne, she worked as a doctor and then continued training in various areas of humanistic psychology, relaxation techniques and sports medicine. Sabine Schonert became well known as a presenter on and screenwriter for various health programmes on the WDR and NDR TV channels. These days, Sabine Schonert writes for the radio and press. All her powers of persuasion unfold in talks, presentations and seminars in which Schonert inspires her participants through her lively and practice-oriented presentation of the latest scientific findings.

„Reduce your stress level and achieve more – at once! I’ll show you how“

Themes

> Energy instead of stress – work hard and still live well!

- Stress as a source of energy: a Stone Age mechanism jolts us into action
- How to transform stress into energy
- How to use the energy potential of your body, emotions and thoughts to achieve success in your life
- How to keep employees motivated and healthy

> Standing up to burnout: how to navigate safely through turbulent times!

- Stress: how it benefits or harms your mental health
- How to identify the risk of burnout – and counter it at once.
- The pillars of mental health: how to maintain balance
- What managers can do for themselves and their company

> Healthy management: increasing the resiliency of employees against digital stress. I’ll show you how you can strengthen your team“

- Utilise stress: encourage performance instead of burnout!
- Concentrate! Immediate mental strength!
- Chin up – eyes open: solution orientation instead of whining!
- Management gold: have you praised someone today yet?

References & Press

Telekom, Bertelsmann, Lufthansa, Helaba, Nestlé, Metro, Kaufhof, BKK Henkel, BASF, Bertelsmann, Henkel, Solvay Deutschland, RWE Power, REWE, Finanzverwaltung NRW, Zürich Gruppe

What clients think of „Dr Stress“:

„Solid, very useful and entertaining!“

„The best of many seminars to date!“

„I’ve never heard such an enthusiastic talk about such important issues such as stress and burnout.“

„You helped me a lot, thanks.“

„It’s good that the taboos of stress, burnout and old age are openly addressed – it’s not so bad after all; you can do something about it!“

„I’ve learnt a lot for my future!“

Inspiration

> People, books and events that inspire me:

„I’ve always asked myself, ‚Why do we get stressed?‘ ‚Because it’s proven to be useful!‘ was what stress researchers said. And I would like to convey this to my listeners: love your stress! Get to know it well, so it won’t kill you, but help you achieve everything YOU want from life! For over 20 years, I have been working successfully on how to show you how this works.“

Fees & Languages

Keynote speech

Fee Group E

Daily rate

Fee Group E

Languages



Travel costs



Media

