



# Dr. med. Sabine Schonert „Dr. Stress“

*“Less stress – achieve more: Right away! I’ll show you how.”*

Dr. Sabine Schonert-Hirz, M.D. has been a sought-after stress management and health expert for the past 20 years (“Dr. Stress”) Following her studies in Cologne, she worked as a physician and continued her studies in a variety of fields spanning humanistic psychology, relaxation techniques and sports medicine. She became famous as a moderator and film author for a variety of health programs on WDR and NDR TV. Today, she writes for radio and the press. Her total power of persuasion unfolds during lectures, presentations and seminars in which she thrills participants with her lively and practice-oriented presentation of the latest scientific knowledge.

## Themes

### › Energy instead of stress – work a lot but live well anyways!

- Stress energy source: A Stone Age mechanism jolts us into action
- How you can turn stress into energy
- How you can cleverly apply the energy potential from your body, emotions and thoughts towards your life success
- This is how employees remain motivated and healthy

### › How to defy burnout: This is how you can safely navigate through turbulent times!

- Stress: This is how it uses or damages your emotional health
- Recognize the threat of burnout – take countermeasures right away!
- The pillars of mental health: how you can maintain balance
- What executives can do for themselves and your company

### › Healthy leadership: Increase the resilience of employees against digital stress. I will show you how to become the strong foundation of your team

- Take advantage of stress: Fire up performance instead of burning out!
- Concentrate! Be mentally strong now!
- Head up high – eyes open: Solution based approach instead of whining!
- Leadership gold: Commended anybody today?

## References & Press

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

### This is how customers assess “Dr. Stress:”

“Well-founded, very useful and entertaining!”

“Out of many seminars, this has been the best so far!”

“I have never heard such a committed lecture on such important subjects like stress and burnout.”

“You have helped me a lot, thank you.”



“It’s good that the taboo topics of stress, burnout and age are finally addressed openly – it’s not all that bad, you can do something about it!”

“I’ve learned a lot for my future!”

## Fees & Languages

**Keynote speech** E

**Daily rate** E

**Languages**  

## Travel costs

**Berlin/Brühl**



## Media



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