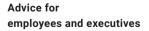




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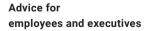
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# EMAP provides assistance with the following issues:



e.g. occupational stress situations and conflicts, coping with growing demands, change processes, decision making, time- and self-management

#### · Health and mental issues:

e.g. states of stress and exhaustion, psychosomatic complaints, sleep disorders, risk of addiction and addiction

#### · Personal issues:

issues that are affecting your activities in the workplace, such as work-life balance, partnership problems, coping with such crisis situations as illness, death, grief, financial difficulties, debts

### · Specifically for executives:

health-oriented leadership, dealing with employees suffering from psychological stress or at risk of addiction

Your contact person within the Max Planck Society for questions about EMAP:



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More information is available at:

https://max.mpg.de/Service/Beratungsangebote/Pages/EMAP.aspx and in English at:

https://max.mpg.de/Service/Beratungsangebote/Pages/EMAP\_EN.aspx