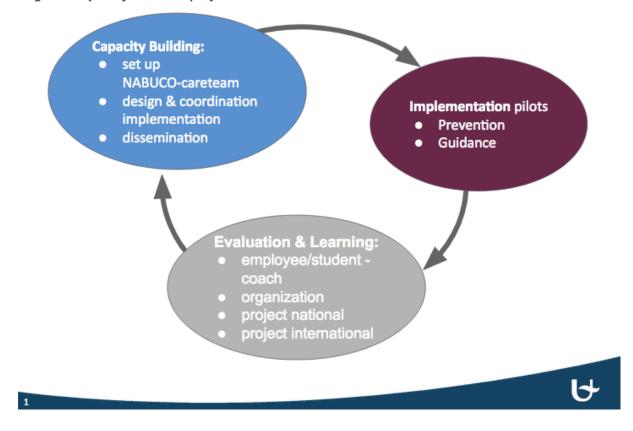
NABUCO: a social innovation project of Nature-based Burnout Coaching

Figure 1. Cycle of NABUCO-project



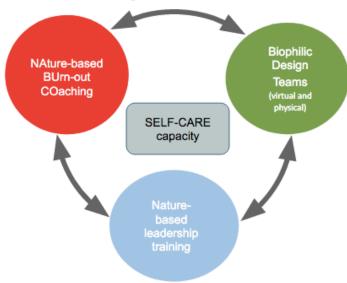


Figure 2. NABUCO-coaching

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Figure 3.

NABUCO-coaching of primary, secondary and tertiary phase of stress and burn-out (reference to activities in proposal)

Employer + Nabuco-coach: General presentation to employees + invitation participation (company level): Presentation-Education A.1.2. SCOPING A.1.2. SCOPING A.1.3 A.1.4. A.1.5. GENERAL organization participants NABUCO-COACHING RE-INTEGRATION **EVALUATION & FOLLOW-**ACTION PLAN Primary, secondary and tertiary phase NABUCO GP/Occupational NABUCO-coach Evaluation: Employer/Employee Coach/organization: GP/Psychologist After trajectory: Phases? Frequency? /NABUCO Coach: Risk inventory Advice general health + subjective survey of **Duration? Evaluation after** Action plan for How is burn-out go/no-go/yes if ... participant about every session? Where? re-integration prevention today, and NABUCO coach: informing relationship with coach, Typical exercises? Who decides that treatment? type intervention, is person results, about frequency, What is the freedom of participant is ready Engagement towards coachable, check connection place, duration, personal the coach? to start to work? prevention with nature, hindrances, report about benefits of Evaluation after every Who decides if Engagement follow-up confidentiality, assess how NABUCO + success session by participant & changes on the work & re-integration going into nature serves re-integration (if coach (report) context are applicable), kind and effect treatment supporting enough NABUCO-careteam of natural environment, Evaluation after every 5 the re-integration? effect re-integration, expert Evaluation: Who is responsible judgement Burn-out checklist (BAT) for follow-up? Evaluation HOW and WHAT? WHO? participant,, Nature checklist Every month: one Risk inventory Measuring Progress of Employer, school, Contract/Inform session with nature Organizational Health employee. NABUCO-coach, External consent/confidentiality coach? Sick-leave & duration WHO? Participant,, Certified nature coach expert Re-integration NABUCO-coach (trained in NABUCO) WHEN? 1. After finishing Contract Report to HR total guidance Expert judgment 2. Follow up after 6 months 3. Yearly check for further A.1.2. Nature-based prevention leadership training NABUCO-Champions Managers

Figure 4. NABUCO-cross-pollination & community of practice within and between incubators - physically and by digital platform



