



"I was witness last week to one of the most interesting lectures in my life! Tom is somebody who is absolutely able to combine scientific facts and translate them into human language! It was not only very inspiring, but most of all, educational and interesting! I would recommend all of you to invite him to give one of his lectures, they are worth listening to, and Tom's passion for his job and this topic is overwhelming. Go Tom!"

(Michel Troch, Event Manager)

Tom Meyers

Technology has, with whirlwind speed, changed the way we work and the way work is organised. These changes have given rise to new occupational psychosocial health challenges, like stress.

Work-related stress has become the second most common health problem at work leading to increased absenteeism and employee turnover issues that pose a threat to the health of organisations. The question is, why has stress become a nuisance, and more importantly, how to curb the tide?

SPEAKING TOPICS

Stress: When culture and biology collide

This interactive presentation is based on three fundamental questions: What is stress? Why has it become a nuisance? What can you do about stress? Framing stress in its biological and evolutionary context, the audience will be empowered by knowledge to come up with effective stress management solutions.

Understanding & Preventing Burnout

Just like stress, burnout is a result of a constantly increasing conflict between biology and culture due to our dependence on technology and detachment of our human nature. However, unlike stress, taking time-out to rest will not solve the underlying structural and functional health problems of burnout. So what will?

Time: Interactive presentations of 15 to 90 minutes

Availability: Global

Languages: En- NI - Fr - De

BIO

I'm an osteopath B.Sc., D.O. OSD, stress-coach and visionary in the field of health and wellbeing. I run a private health practice in Brussels, give presentations on the topic of 'Understanding & Managing Stress' and workshops on the 'Reaset Approach' a novel manual body-mind and educational health approach, which I developed.

I've written articles for Together Magazine and TED^x Brussels, and was host of the weekly feature "Health Matters" on the Brussels-based English commercial radio station RadioX.

Currently, I'm writing my first self-help book "Reaset: The Return of Ease." In this book I interlace soul-purpose, personal development, health and healing into a compelling self-help guide to help you thrive in changing times.

Benefits of tackling work-related stress together in a fast changing world

Employees: greater well-being and job satisfaction

Managers: healthier, motivated and productive workforce

Workplaces: improved performance, productivity, reduced absenteeism and improved standing

Society: lower costs and reduced burden on services.

Earth: lower ecological footprint

Member

Contact