



**Ship Psychology™**

**Speaker:**

**Christel Vogels**



**Online & Live Stage**

**Languages:**

English, Dutch

### **CONTACT**

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**“To solve a problem with mentality,  
you need to know what goes on  
inside someone’s mind.”**

## **BUSINESS AUDIENCE**

### **KEYNOTE**

#### **Our Three Brains At Work**

ca. 45 min.

An overall introduction to the Ship Psychology model that demonstrates how recognising people’s three mental voices helps to create a more productive atmosphere, better (inter)corporate relationships, and improves results throughout the organisation.

### **WORKSHOPS**

ca. 60 min. (adjustable to your event’s schedule)

#### **The Ship & Personal Effectivity**

Feeling drained after a day at the office? We almost believe it is normal to be stressed, but a few simple techniques can help you to save your energy and enjoy work again. In this interactive, imaginative workshop, I teach you how to recognise your three mental voices, and how to use that knowledge to increase personal effectivity and reduce work-related stress.

#### **The Ship & Leadership**

Leading a team isn’t easy! In this workshop, you learn how to recognise the three mental voices in others as well as yourself, and why this helps you to conduct more efficient meetings, manage conflicts within a team, and be a better boss to more effective employees.

#### **Work Stress, Burn-Out & Depression**

Stress and burn-out pose a real threat to the health of individual employees, and thereby endanger a company’s results and continuity. But how can stress cause a burn-out or depression? What can be done to prevent it? In this workshop, I explain from first-hand experience what happens stress does to a person’s mind, and what practical, actionable measures an employer can take to improve recovery and, where possible, prevent employees becoming burnt-out.

*Extended, in-depth version: ca. 100 min.*