



# Addressing feelings of inadequacy

It is the employer's responsibility to ensure a healthy mental work environment and proactively address the potential impact of high emotional demands when working with other people.

Working with other people can be both rewarding and emotionally demanding. When the emotional demands of the work are significant, they can be a risk to employee's overall health. Therefore, employers must ensure that employees are adequately supported and equipped to manage the emotional challenges that may arise in their work.

At PrimaCare, we offer a presentation on addressing feelings of inadequacy at work. It is particularly relevant for employees in care and service professions, where you are never truly finished giving or being there for others, and where resources are often insufficient. In the presentation, both employees and managers will be provided with tools to navigate this tension and, despite limited resources, achieve the feeling of being sufficient as both professionals and individuals—aiming to prevent stress and poor well-being.

*The duration and format can be customized upon request and priced accordingly.*

