



Portraits: Katrin Jonas (left) and Dr. Nidal Moughrabi

Tailor-made stress management

Resilience++PLUS is an innovative, intensive programme for stress resilience maximisation of professionals under continuous pressure and with explicit demands on their own performance capability. The joint project by Dr. Nidal Moughrabi (Vienna) and Katrin Jonas (London) significantly stands out from conventional stress management.

TEXT: NANE STEINHOFF | PHOTOS: VANITYSTUDIOS/PATRICK FORD, LONDON

Dr. Moughrabi and Katrin Jonas form the perfect team for offering highly personalised short-term intervention for peak performance, inner health and resilience to mainly executive stress. Both have many years of experience in working as stress management coaches and have a background as medical health experts too.

From experts to experts

Dr. Moughrabi works as a doctor and expert in Medical Hypnosis and Health Coaching and thus is able to undermine the mental aspect of stress. Katrin Jonas, on the other hand, puts emphasis on a body-oriented approach to major stress, called 'BodyWareness' which aims at neuromuscular reorganisation, body-mind relaxation and pain dissolution. "We cover various aspects of stress management: the physical, the mental and the organisational. Because there rarely are clients that don't address

physical symptoms such as sleeplessness, headaches or overweight, it's important to combine both," Dr. Moughrabi explains.

Highly efficient

Since the company's foundation three years ago, the team provides many powerful methods, tools and techniques, such as Medical Hypnosis, Feldenkrais Method, Holistic Breathing Work or active meditation techniques to cover clients' individual demands. All methods applied aim at the reorganisation of the central nervous system that then gets highly stimulated yet quietened and balanced. Because Moughrabi and Jonas know of the time constraints of their busy clients, they offer the highest temporal and local flexibility 24/7. They also offer stand-by services. Katrin Jonas adds: "Our clients know what they want and we know what they need."

Resource-orientated

With a refreshingly frank, efficient and resource-oriented approach, the team manages to save clients' time and energy. "Clients learn how to strengthen their physical and mental capacity with simple means so that self-management can be implemented organically into their demanding work-life," Katrin Jonas says. Occasionally offering seminars, the team primarily focuses on 'one-to-one' work. "Stress reactions are complex and individual so that we can only find solutions in a specialised way," Nidal Moughrabi adds.

Their tailor-made and sustainable self-management modules are known to have an instant impact and can also be applied as long-term support in the case of stress-related disorders. "We accompany our clients in difficult terrain and support them in reaching their individual goals while staying healthy and personally fulfilled," Katrin Jonas concludes. Clients are sure to leave refreshed, uplifted and highly focussed.

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