

10 years

of professional  
experience

620

mental health  
counselling



## Our Mission

We, the specialists at the Élettükör Mental Health Support, believe that preserving mental health is both essential and beneficial for all of us. We are committed to supporting people who are experiencing difficulties in work, life, or relationships. Our mission is to protect and promote mental flexibility in corporate culture.



## Our Corporate Services

Our Soul At Work program is dedicated to companies that value the mental health and well-being of their employees. The goal of the program's preventive mental health meetings is to develop the workers' mental flexibility.

soul  work  
for mental fitness



## How?

**Voluntary engagement:** participants join the program voluntarily, which in turn increases their desire to participate.

**Anonymity:** enrollment in the discussions is anonymous.

**Location:** every discussion takes place at the employee's workplace.

**Purpose:** to listen to workers, raise awareness about their issues, and provide answers to their questions.

**Timeframe:** 60 minutes.

**Confidentiality:** everything said is kept in complete confidence.

**Professional credibility:** our professionals have over 100 hours of consultation experience.

**Competency boundaries:** we maintain our professional competency boundaries and will recommend to the customer whenever other professionals are required.

**Flexibility of topics and methods:** participants are free to bring up any topic.



# The Procedure



1. Contact



2. Personal consultation (needs and conditions)



3. Agreement



4. Registration (employees)



5. Meetings/consultations (days and durations arranged in advance)



6. Employee feedback



7. Evaluation of experiences



## Why is it a recoverable investment?

- Personal attention strengthens **employees' commitment and loyalty.**
- Supportive consultations have **stress-relieving effects and reduce their sick days.**
- If given the chance to address their personal problems, **employees will spend their work time doing actual work.**
- The program can increase **workers' productivity and performance.**

[Previous Clients](#)



## Feedback

*"I was very pleased with this opportunity. I talked with the coach about my current family problems, and within an hour I could identify important things that could help to improve my situation."*

*"I felt it was useful because my private problems have a significant impact on my motivation at work. After the conversation, I felt recharged, and I think that these opportunities also increase my commitment."*

*"I consider it a very good initiative, and I am pleased that MOL has provided this opportunity. Also, it was comfortable to hold the conversation in a familiar environment."*

*"As outsiders, they were completely open to talking about any topic and giving objective feedback."*

*"This helped to clarify and clean up a dilemma that was complex and difficult to deal with. Their helpful questions helped me sort out my 'dirty laundry.'"*



## Anna Pigler

founder, mental health specialist

With many years of teaching as well as building and leading a non-profit organization, and hundreds of hours of personalized client coaching, I firmly believe that everyone has the resources to find their own solutions and answers to their questions. After the birth of my three children, I began to walk my own journey as a career changer. I now work with the mission that preserving and recovering mental health is everyone's inalienable right and basic need.



## Veronika Robogány

co-founder, mental health specialist

I graduated as an economist and worked in the non-profit sphere for years. I managed projects dealing with EU tenders in Brussels and in Hungary—until Australia came calling. I was the office manager of an Australian IT company for two years. I have been dealing with mental health since 2002, because I experienced in my work that understanding ourselves and each other is the first step towards collaboration. Since my children grew up I have been working actively as an organizational development and mental health professional—since 2015—and this is where I have found my true vocation.