



Spin-off of the Leuven Universities since 1998.  
We are guided by science, facts, figures and practical examples with a proven impact.

- **Cherish employee's well-being**
- **Assess and act**
- **Stimulate individual and team growth**
- **Manage sensitive situations**
- **Foster organisational dynamics**

Interested in learning more about our services?  
Visit our website [www.pulso-group.com](http://www.pulso-group.com)

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## How to boost your employees' well-being

# RE-BOOST

**An easy-to-use app with self-tests, tips and advice** to support your employees with their energy and well-being and prevent stress and burnout.

Self-assessment and advice

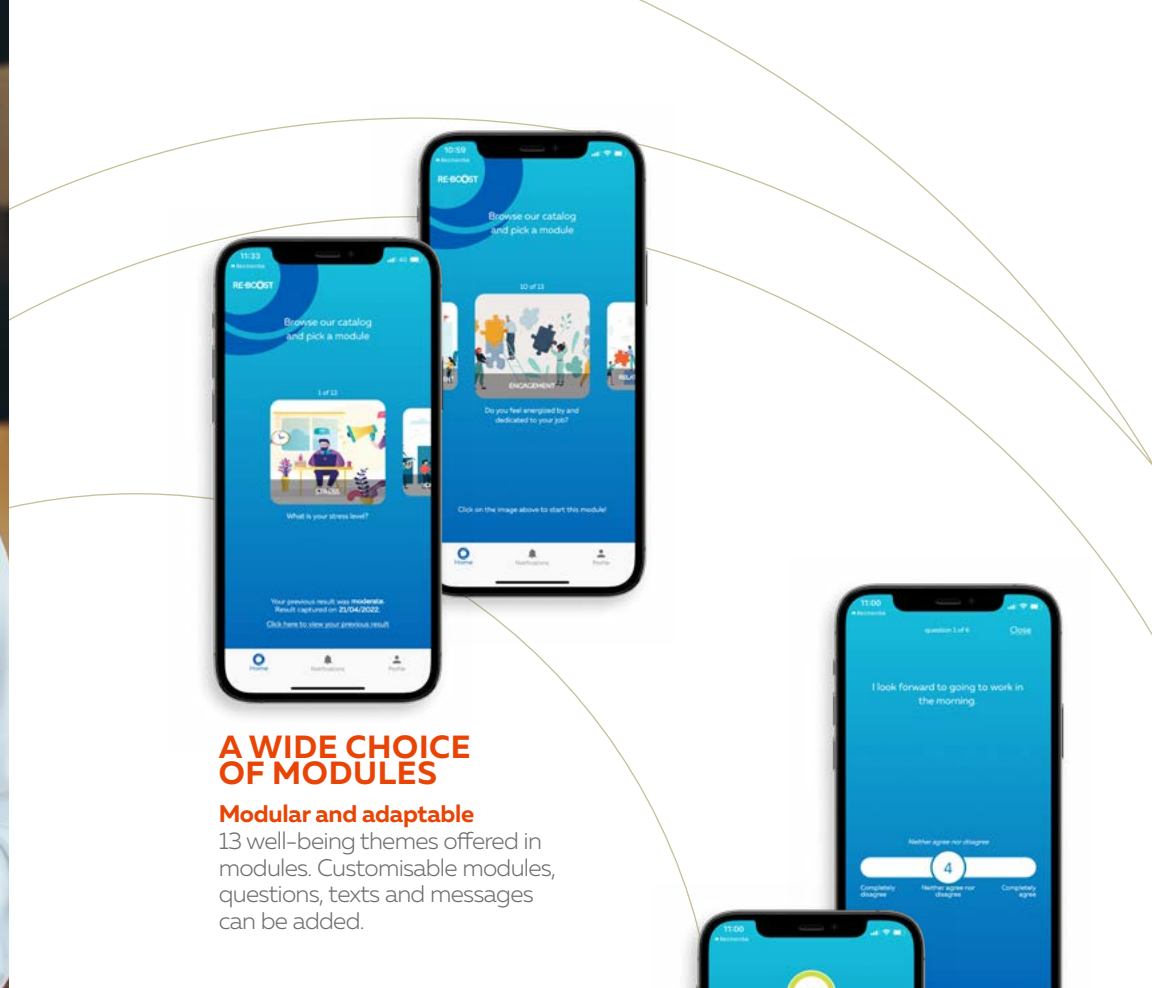
A wide choice of modules

Constant monitoring

Internationally deployable

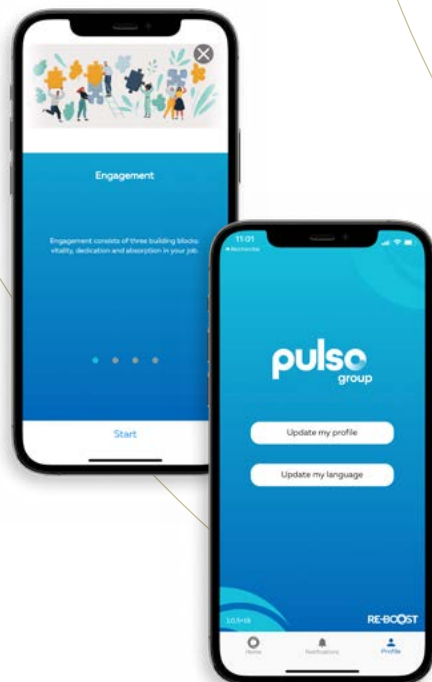
[www.pulso-group.com/toolbox/RE-BOOST](http://www.pulso-group.com/toolbox/RE-BOOST)





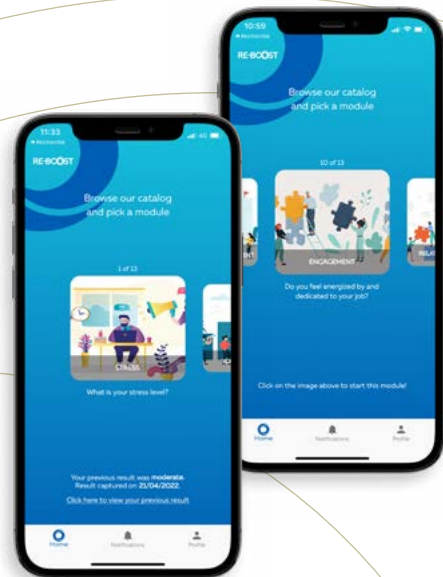
## RE-BOOST MOBILE APPLICATION

# NOW YOUR EMPLOYEES HAVE THEIR WELL-BEING AT THEIR FINGERTIPS



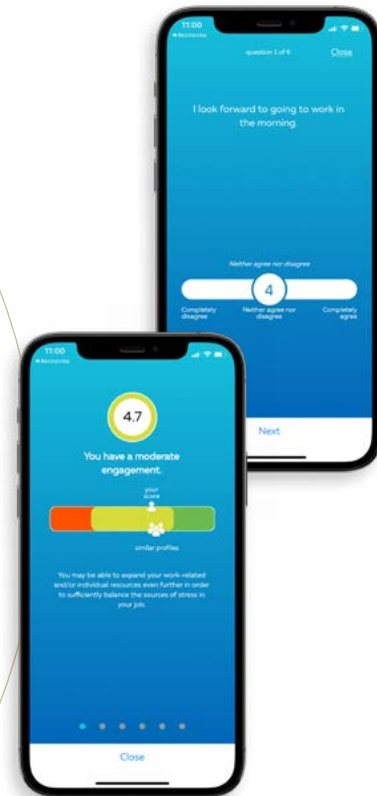
### INTERNATIONALLY DEPLOYABLE

**Multilingual and informative**  
All modules are available in multiple languages and can be translated on demand. Advisory texts in multiple languages can be added.



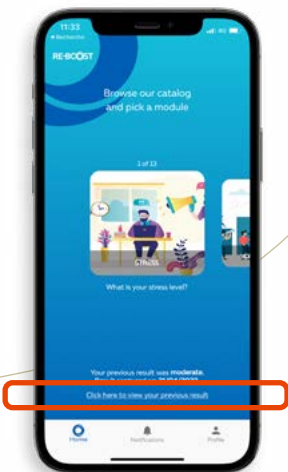
### A WIDE CHOICE OF MODULES

**Modular and adaptable**  
13 well-being themes offered in modules. Customisable modules, questions, texts and messages can be added.



### SELF-ASSESSMENT & ADVICE

**Individual and instant**  
Employees receive instant feedback on how they experience their work situation, personalised advice and actions, information of internal well-being actors and initiatives.



### CONSTANT MONITORING

**Individual follow-up**  
Employees can review their previous results to monitor their personal growth. After completing a module, employees can access an online library with advice texts and exercises whenever and wherever they like.

## KEEP THE PULSE!

### PERSON-CENTRED

**Let your employees take charge of their own well-being.**

Self-assessment for a variety of well-being indicators. Instant feedback to individual employees in comparison with a relevant benchmark, tips, advice and exercises to optimise their well-being.

### CONTINUOUS LISTENING

**An always-on solution to connect with your employees.**

Keep your finger on the pulse by allowing employees to monitor their well-being at work. Reporting via the online dashboard provides continuous oversight of your employees' well-being, helps detect possible risk factors and contributes to early prevention. Professional advice and guidance by Pulso for your well-being policy and initiatives.

### INTEGRATED

**Take the pulse instantly!**

For optimal effects, Re-Boost can be integrated in a broad well-being campaign for psychosocial well-being and can be used in a "blended approach". Together with you, Pulso will be happy to develop the communication campaign and look for the best "blended" solution in different phases of prevention: from awareness to curation.

## RE-BOOST DASHBOARD

