



Internal health and well-being intervention guide

Freely accessible internal offer	
Your workspace	Look at the section on setting up your workspace in the A-Z list under 'Workspace' to learn how to set up your workspace at work or at home properly. If you want personal advice, please contact the occupational health and safety coordinator of your organisational unit.
Playing sports at a local club	You can play sports with a group discount through BedrijfsFitnessOnline/Go-Vital. Choose from one of Go-Vital's partners at over 727 locations throughout the Netherlands. You can find an overview of all clubs and the discount rates on the partner location section of the Go-Vital website . You can read more about this in the A-Z list under 'Sport' .
Playing sports at AUAS	You can choose from a wide range of sports activities throughout the year, almost all of them free of charge. If there are any costs involved in your sports activity of choice, this is indicated. Check out the sports offer at sport.mijnhva.nl .
Coaching and counselling from the AUAS Academy	Free coaching and counselling is available to all employees, regardless of their position or place within the organisation. The pathways (team coaching, individual coaching and peer review) are proactive and preventive in design and are intended to advance your professional development within AUAS in a positive sense. Themes: personal development, cooperation and conflict management, work pressure, work-life balance and coronavirus-related issues. Information: AUAS Academy Contact: academie@hva.nl
Online training courses offered by GoodHabitZ (e.g. on mental/physical health, cooperation, leadership, communication)	The GoodHabitZ online courses consist of videos, articles and tests. Here is an idea of what is on offer: <ul style="list-style-type: none"> - a different way of working together; - physically and mentally in peak condition; - staying positive and energetic; - self-reflection and resilience.



	Check out the offer at https://my.goodhabitiz.com/sso/hva .
Online self-help modules offered by Mirro to boost your mental health	The Mirro modules have been developed by professionals with expertise in each specific topic. There are modules on anxiety and panic, alcohol, depression, feedback and conflict management, money worries, getting a grip on coronavirus-related stress, informal care, worrying, relationship problems, coping with bereavement, sleeping well, feeling gloomy, etc.
AUAS talent match	AUAS talent match is an online exchange of temporary assignments, expertise and talents at AUAS. You can offer your expertise and talents or respond to a posted assignment. AUAS talent match is open to all AUAS staff and the UvA staff from the shared services who would like to broaden their horizons and/or do something different at AUAS for a change. You can view the offer here: AUAS talent match . You must log in before you can view the offer.
Peer review for the over-60s	AUAS is organising peer review sessions for employees aged 60 and over under the supervision of former employees Hanneke Stasse, Margriet Dijkmans van Gunst and David Noordhoff. The sessions will focus on such topics as vitality during the latter stages of your career. The specific content will depend on the participants' own contributions. These peer review sessions are free of charge. You can sign up with: J.M.Stasse@hva.nl

