

# Highlights 2018

## Pulso Europe is growing

**Expanding throughout Europe and recognized as a 'fast growing company'**

With its new ventures in Lisbon and Athens, Pulso Europe now offers services and tools directly in Belgium, the Netherlands, Luxembourg, France, Portugal and South Eastern Europe. Other countries can be accommodated indirectly via our extensive partnerships and collaborations.



In 2019 Pulso Europe is recognised as a fast growing company for the second consecutive year.

## EAP market leader in Benelux

Report of 2018



Currently, 215.619 employees are benefitting from the EAP services we offer. Those employees are based in 382 organisations across the Benelux. In 2018 the top 3 issues were: 1. Burn-out & re-integration 2. Workload & stress and 3. Personal relationships. Additionally, we offered specialised support for 36 critical incidents.



## Our tool 'Studies without worries' is expanding

**The online self-help programme is now available in English**

'Studies without worries', co-created with Artevelde University College Ghent, aims to help students who are struggling with fear of failure, lack of assertiveness or procrastination. In 2018 the tool was implemented in two new prestigious high school institutions, Thomas More and Karel de Grote Hogeschool. More than 2000 students have already used the tool.

Available for students from:



## Finalisation of APPA

**Platform for online employee assistance**



This new user-friendly platform connects professionals with employees who have specific requests for assistance. The user can make an appointment for a suitable guidance session face-to-face, by telephone or online.

## Multiple leadership programmes

### Achieving lasting results with a blended approach

In 2018, Pulso performed several integral leadership trajectories. During these programmes we worked towards the ideal leadership vision, leadership culture and leadership styles for each organisation. Additionally, we offered support in translating this vision into action throughout the whole organisation. To help leaders embrace the desired leadership style and discover their own so-called blind spots, we enhance our trajectories with the innovative feedback tool 'My Echo'.

## Multi-year change programme @ Port of Antwerp

### In co-creation towards a new organisation

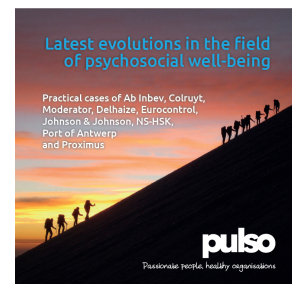
Port of Antwerp is going through a structural and cultural transformation in order to become more future-oriented and increase the focus on building lasting relationships with all stakeholders. Pulso acts as a trusted partner with whom Port of Antwerp will co-create their 2,5-year cultural transformation.



## Exclusive event on 15 May 2018

### Latest evolutions in the field of psychosocial wellbeing

Pulso organised an exclusive full-day event where guests discovered the latest evolutions in the field of psychosocial well-being and resilience within organisations. For those who could not make it, we created a booklet with all the important insights from the event.



## New collaboration: UCLL, GTB & Lapland University

### ESF 'Start to can' project

'Start to can' is an international project with funding from the European Social Fund (ESF) with the aim to support (vulnerable) young people in their transition from school to work and to prevent drop-out. The project is being realized together with GTB, UCLL and the University of Lapland. Pulso is involved as specialist in e-mental health tools and will be responsible for the development of the tool.



## Continuous involvement in EAP worldwide

### Pulso Europe remains company of reference in the global field of EAP



Pulso Europe has held leadership positions in international EAP associations such as EAEF and EAPA for a long time. This year we delivered keynotes in Bangalore, India: APEAR; Minneapolis, US: EAPA; Hamburg, Germany: EAEF and Port Elisabeth, South-Africa: EAPA-SA. This year Pulso's Anke Luts was elected by the EAEF in 2018 as a board member for 2 years.

## GRIP: new online coaching tool of Pulso Europe

With GRIP your employees get a grip on their mental resilience

GRIP, the digital coaching tool developed by professor Schaufeli, is now available in English, Dutch and French via Pulso Europe.

GRIP offers more than 50 modules within 12 development areas. In 2018 Pulso Europe implemented GRIP within Eurocontrol Maastricht to enhance the engagement of their workforce.



## SAS: Safety First!

Safety Attitude Screening® (SAS): screen your employees for the right safety attitudes

SAS is an online tool developed by Pulso Europe to help predict safety behaviour in the workplace. In 2018 Pulso Europe welcomed multiple different new SAS-clients.

[www.safetyattitudescreeing.com](http://www.safetyattitudescreeing.com)



Thank you  
for a great  
2018!