PREVENTION OF BURNOUT

Identify and assess the risks for your business.
Offer support to people in need.
Make the right decisions.

PBT®, e-diagnosis of burnout risk

WWW.PREVENTINGBURNOUT.COM
We offer the first computerized tool for diagnosing burnout risk in the workplace, making it possible to implement truly effective prevention policies.

THE ADVANTAGES OF PBT®?

- A reliable, scientific approach: many years of academic research
- An innovative methodology
- PBT® score
- A global approach based on a comprehensive and dynamic questionnaire
- Personal diagnosis via a confidential report
- Preventive support solutions
- Consolidated risk mapping for decision makers
- Ensures compliance with legislation

It provides you with information on the proportion of employees in each burnout risk category.
Our approach is flexible, reliable and innovative. It finally enables us to respond effectively to the question of burnout prevention in the workplace.

HOW DOES PBT® WORK?

Preparation: configuring the questionnaire
Administration of the online questionnaire
Responses analysis engine

Individual approach
Personal and confidential diagnosis
Individual chronic stress risk indicator + Individual diagnosis = Preventive support
Reduction of cases of workplace burnout

Institutional approach
 Consolidated global approach
Overall chronic stress risk score + Institutional consolidated risk report = Initiatives and action plan
Improvement of prevention policy

WHO IS PBT® AIMED AT?

EMPLOYERS
All organisations, companies and public authorities (local, regional or supranational) wishing to adopt a systematic approach to enhancing their burnout prevention policy via their risk prevention and protection services in the workplace.

HUMAN RESOURCES PROFESSIONALS
External Services for Prevention and Protection in the Workplace, social secretariats, HR consultancy or outplacement firms seeking more detailed tools, which will enable them to expand their provision of services and advice in the field of burnout prevention, on the basis of new, high added-value, readily available concrete information.

PSYCHOTHERAPISTS AND COACHES SPECIALISING IN BURNOUT PREVENTION
For personal and professional mediators, PBT® is the perfect tool to accompany preventive sessions, providing a diagnosis prior to the initial interview or session, given the ever-expanding number of patients.
OUR REPORTING AND ANALYSIS TOOLS

WHAT ARE THE ADVANTAGES OF PBT® FOR YOUR COMPANY AND EMPLOYEES?

1. Transition to a truly effective prevention policy:
   - At-risk individuals can be offered support BEFORE burnout occurs, while continuing to work.
   - Internal prevention policy is substantially improved as it is based on concrete, precise and usable figures.
   - A process of continual improvement of prevention is established.

2. Reduction of absenteeism.
3. Reduction of costs.
4. Greater compliance with legal regulations in the field of psychosocial risk prevention.
5. Monitoring of the efficiency and real impact of problem-solving initiatives at a global level over time.

Who are we?
Bright Link SA is a spin-off of the UCL (Université catholique de Louvain), aiming to reconcile the performance of companies with the wellbeing of their employees.

Get in touch to organise a meeting!
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