



EXECUTIVE AND CEO STRESS RELIEF

The CEO Programme is essential to the continuity of your business and its long-term success. In these pandemic times, this is how The Kusnacht Practice can help

One of the most important assets a company possesses is the health of its leader and strategic team. Your company's tangible assets are constantly monitored and audited, their performance reported and, of course, immediately attended to when deviations occur.

Is your health and that of your top team given the same attention?

The Kusnacht Practice's clinical and medical team of doctors, psychotherapists, counsellors and nutritionists includes world-renowned medical practitioners with unparalleled expertise in treating psychological disorders.

In these particularly difficult times, with a global pandemic, there's been a ripple effect of stress and this is taking its toll on entrepreneurs and executives, increasing depression and burn out in management. This is why The Kusnacht Practice has designed the CEO Programme, a crucial investment in your company's security at the very top and at board level. Identifying depression and burn out, and any underlying contributing causes, the practice designs a personalised programme, adapted to the business leader's issues and challenges.

A unique strategic treatment plan is assembled with emphasis on a holistic approach. With traditional Swiss discretion, the team has the medical excellence to check, analyse and treat serious mental challenges. Each treatment is personalised, with the utmost level of attention, and planned in six to eight personal sessions per day, way more than the industry standard. The practice has been at the forefront of masterminding strategies directed at combating the mental health effects of Covid-19 – among all age groups.

The Kusnacht Practice's CEO, Eduardo Greggi, says: "We've developed a series of bespoke programmes to deal with specific issues thrown up by the pandemic. These include areas such as executive stress.

"There's evidence of a massive psychological pandemic following in the wake of the Covid-19 pandemic. The Kusnacht Practice is developing new programmes and

technological and medical innovations all the time to deal with the evolution of these problems.

"The psychological repercussions of the pandemic will be with us for many years to come. Many millions of people's lives have been turned upside down by Covid-19 and anxiety and stress levels are at record highs.

"I anticipate that my team at The Kusnacht Practice will be treating those affected in many different ways – and for many years to come."

The Kusnacht Practice is located on the shores of Lake Zurich and offers a holistic, 360-degree mind, body and soul rebalancing and restoration. Its state-of-the-art facility combines Swiss standards of excellence and cutting-edge, innovative technology with world-renowned medical expertise. Each patient is treated uniquely and privately in their own five-star residence and provided with the highest standards of professionalism, care and confidentiality.

● For more information, visit [kusnachtpractice.com](https://www.kusnachtpractice.com)



The Kusnacht Practice

