

## Case Study



## How InShared prioritized mental health during the shift to remote work

Discover how InShared supported employee well-being and resilience while navigating the challenges of remote work through proactive mental health strategies.



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

# The challenge

Supporting employee well-being and maintaining resilience during the shift to remote work.

InShared faced several challenges post-pandemic:

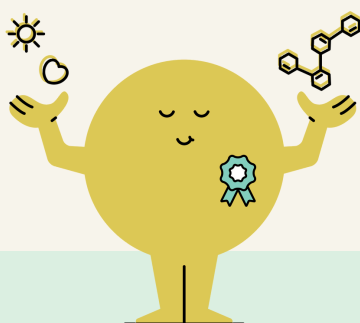
- **Different support needs** among employees due to varying personal situations.
- **Lack of physical meetings** made it difficult to gauge employee well-being.
- **Challenges in online collaboration** affected team cohesion and project efficiency.

# The solution

Implementing Inuka Coaching to proactively support mental health and resilience.

InShared implemented the following steps to address these challenges:

- **Launched Inuka Coaching** to offer personalized, anonymous support to all employees.
- **Promoted early intervention** by encouraging employees to use well-being scans and coaching sessions.
- **Enhanced communication** to maintain social cohesion and ensure everyone felt supported during remote work.



# The results

## Improved mental health

InShared employees experienced a noticeable reduction in stress and burnout, leading to enhanced overall well-being.

## High participation

The Inuka Coaching program saw a strong engagement, with a significant portion of employees actively using the service for support.

## Strengthened resilience

Employees reported feeling more resilient and better equipped to manage the challenges of remote work and personal life.

## Enhanced work-life balance

The program helped employees better manage their work and personal responsibilities, leading to a more balanced and satisfying daily routine.

## Valuable data insights

The well-being scans provided critical insights into the mental health of employees, allowing InShared to tailor its support strategies effectively.



inuka

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# Achieving success: Key steps we took

- 1 Tailored coaching to individual needs by offering flexible options that employees could access anonymously, ensuring personalized support.
- 2 Integrated Inuka Coaching into daily workflows to make mental health resources more accessible and reduce barriers to participation.
- 3 Empowered managers with data from well-being scans to better support their teams, fostering a proactive approach to mental health.
- 4 Enhanced team collaboration through virtual workshops and regular check-ins, maintaining a sense of community despite remote work.



"Inuka Coaching came at just the right time. It allowed our employees to vent and **seek help anonymously**, providing the support they needed during a challenging period."

Barbara Stam, HR Manager at InShared



"The ability to **speak openly about personal challenges** without fear of judgment made all the difference. The **personalised coaching** helped our staff to manage stress better and maintain their productivity."

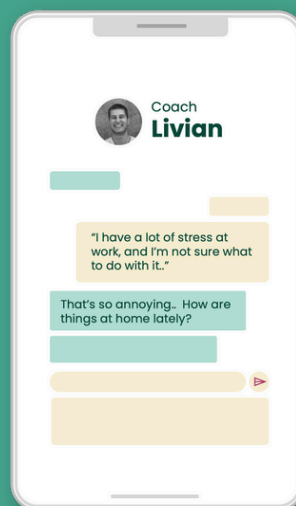
Anonymous InShared Employee

## With Inuka, your employees can...

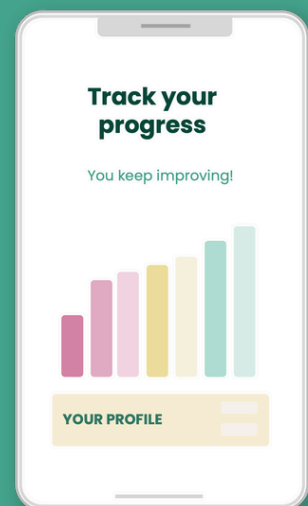
Find out how they are actually doing.



Talk to a coach to tackle their challenges.



Feel better within just 4 sessions.



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