



STG Mental Health
Mental health for
successful companies.

Healthy Minds. Strong People. Successful Companies.

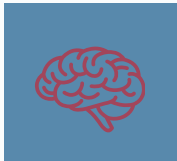
**Supporting sustainable mental health -
before stress and strain escalate.**



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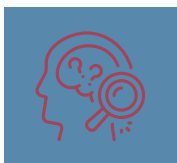
Strengthening Mental Health

Practice-oriented seminars and workshops designed to promote healthy stress management and sustainable employee performance.



Healthy Leadership

Leadership formats designed to strengthen healthy leadership practices, effective stress management and the early identification of mental overload.



Early Identification of Stress

Scientifically grounded stress analysis and mental health assessment designed to identify individual stress and risk factors at an early stage.

Why STG Mental Health?

I support companies in strengthening mental health professionally, effectively and sustainably.

My approach combines years of business experience with practical health promotion and scientifically grounded methods.

This creates solutions that are economically valuable and genuinely beneficial for people.

**Let's strengthen mental health where it matters most.
In the workplace.**



Learn more

Mental Health is not a “feel-good” topic.

Mental strain has become one of the major challenges facing companies today.

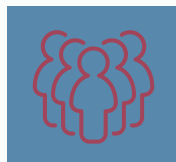
Rising absenteeism, growing overload and declining performance affect not only employees, but also productivity, collaboration and overall business success.

Mental health is therefore not a “soft skill”, but a strategic success factor for resilient, high-performing and sustainable organizations.



Strengthening Resilience

Preventive measures help employees and leaders to deal with stress in a healthier way and remain sustainable productive.



Empowering Employees

Strong mental health supports motivation, resilience and sustainable employee performance.



Maintaining Performance

Healthy employees and leaders strengthen collaboration, productivity and employer attractiveness.

My Approach

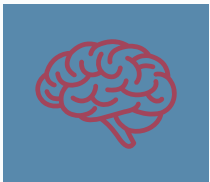
Practical. Business-oriented. Human-centered.



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My Service Portfolio

I support companies with practical formats, designed to strengthen **employee mental health and performance** effectively and sustainably – before stress and strain escalate.



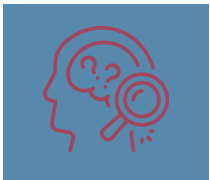
Seminars & Workshops

Practice-oriented seminars and workshops focused on healthy stress management, burnout prevention and sustainable employee performance.



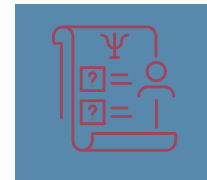
Leadership Formats

Leadership formats designed to strengthen healthy leadership practices, stress management and the early identification of mental overload.



Stress Analysis & Mental Health Check

Scientifically grounded stress analysis and mental health assessments designed to identify individual stress and risk factors at an early stage.



Psychological Risk Assessment

Structured assessment of psychological stress factors within the workplace, including workshops for the development of preventive measures.



Talks & Keynotes

Additional talks, keynote sessions and speaker formats available for company events, health days and leadership conferences:

- Understanding Mental Health
- Moving Out of Stress Mode
- Strengthening Sustainable Performance

All services individually tailored to your organization.



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About Me



I am Stephan Grombach, a certified Mental Health and Burnout Prevention Trainer with many years of experience in sales, project management and leadership within companies.

I understand the realities of performance pressure, responsibility, conflicting priorities and high expectations from my own professional experience.

My business-oriented approach connects mental health with a language that companies understand and accept.

What Sets Me Apart

- Multilingual: German, English, French
- Intercultural competence (including graduate studies in the USA)
- Many years of leadership, sales and project management experience
- Internationally experienced and adaptable
- Strong practical perspective based on personal health-related experience
- Individual stress analyses with personal evaluation sessions

**Let's strengthen mental health effectively – together.
I look forward to connecting with you.**

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[Learn more](#)