

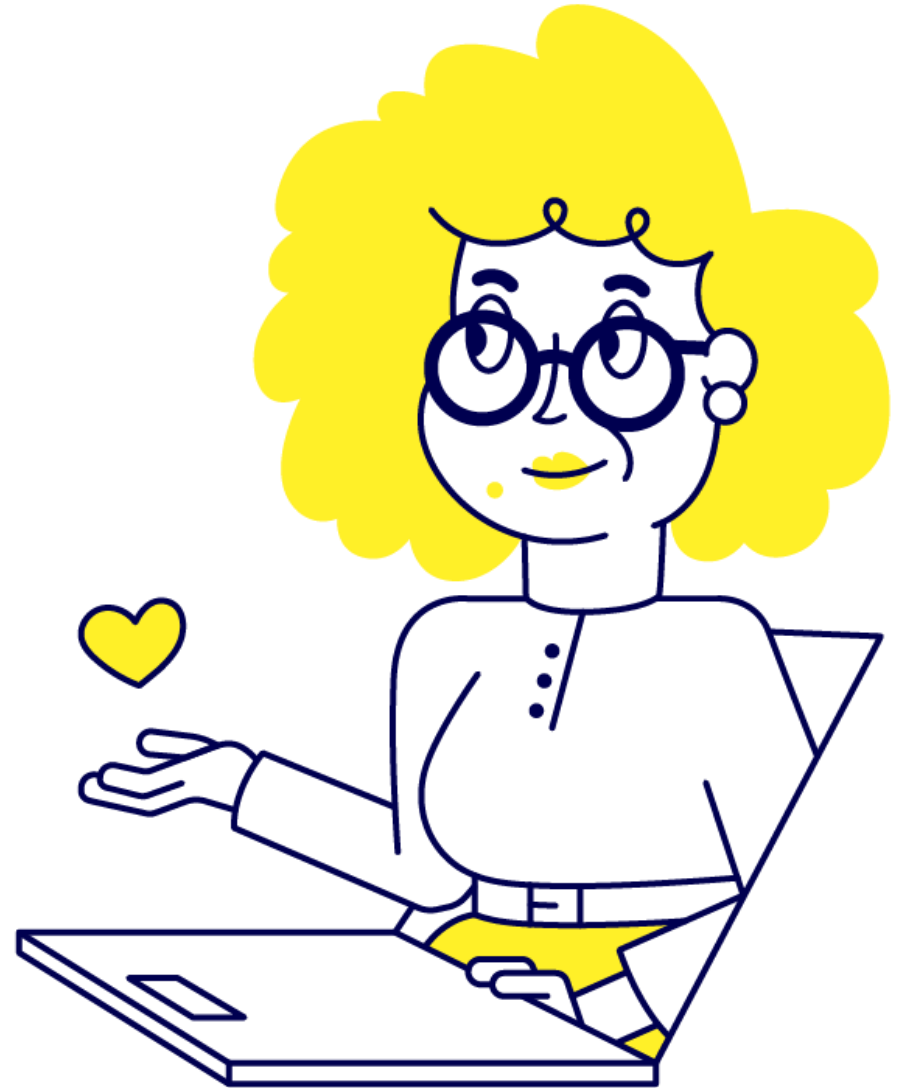
Auntie

Healthy minds, brighter business.

Business Finland -Health Tuesday

Julia von dem Knesebeck, Growth Lead

February 6th 2023



About me



Julia von dem Knesebeck

Growth Lead DACH & Central Europe


8+ years in Sales & Marketing

Passionate about Mental Health & Wellbeing

German Expat in Finland

People who work in positive working cultures are happier, more productive, healthier, have higher retention rates and produce less cost for employers.

- *“Proof that positive Work Cultures are more productive”* (Seppälä & Cameron – HBR)



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From 2010 to 2020, the number of days lost due to mental illness increased by 56 percent. Over the same period, no comparable upward trend can be observed in sick leave overall.

- *DAK Psychoreport 2021*

7%

According to representative European studies, about 7% of all employed people could be impacted by a burnout syndrome, and a considerable number of others are at risk of burnout.

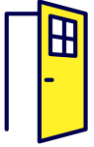


"But I also realized that early help and prevention are just as important as getting the right care when you already need help. That's how the idea for Auntie came about."

Mervi Lamminen
Founder of Auntie



Why do our customers choose Auntie?



Low Threshold



Proven Results



ISO-certified and safe



Auntie Packages

Mental health packages based on well researched, effective methodology.

Each package includes five 45-minute online sessions with an Auntie mental health professional, along with helpful exercises and reading material.

The Auntie method is based on Acceptance and Commitment Therapy (ACT).



You want to learn more? Please reach out.



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