

Quick support For both work-related & personal problems!

Next upcoming appointment:
Please look at the webpage “Gesunde Boku”

Tensions at your workplace, stress due to excessive demands, occupational changes or personal crises can significantly reduce your health-related quality of life. External support can be useful if you are facing psychological and/or occupational strains.

**Counselling provides professional help – quick and easy,
confidential and personal!**

The “**University of Natural Resources and Life Sciences**” views itself as a responsible entrepreneur and therefore provides its employees access to **free and anonymous** counselling and coaching run by “ASZ – Das Arbeitsmedizinische Zentrum in Linz GmbH”.

Working as a psychologist I

- provide counselling
- can meet and talk to you onsite (BOKU), at our office in Vienna or at another neutral place
- help you to find causes of stress
- help you to find solutions
- help you to discover your inner strengths
- might refer you to other helpful institutions or experts

Get in touch with me!

You can call or mail me and I will get back to you as soon as possible:

MMag.^a Lisa Birkner
Clinical psychologist
Occupational psychologist
First Aid psychologist
phone: **06643249368** or
e-mail: lisa.birkner@asz.at