



WHAT HELP TO EXPECT AND NOT TO EXPECT OF STICHTING BURNOUT

To have the expectations clear at the start of the contact, here is an overview of what you can and cannot expect from Stichting Burnout.

What you CAN expect:

- free burnout tests
- burnout recovery proposal
- free consultation to make a burnout recovery proposal
- help to obtain approval of an offer from the employer
- perform burnout recovery (quotation).

In other words: Stichting Burnout is a burnout RECOVERY organization. With burnout recovery assignments, usually paid by the employer (sometimes by the UWV, sometimes by the candidate himself), the Stichting Burnout must provide for its own finances

What Stichting Burnout will NOT do is:

- make a diagnosis for you - all instructions are already on <https://burnout.nl/burn-out-help-for-english-speakers-expats-netherlands/getting-a-burnout-diagnosis-writing/>
 - advise you on how to act towards an employer who does not "follow the right path". How to act is described in detail on our blog. You must write back your employer yourself or hire a lawyer. In a nutshell: diagnosis in writing + handing in plan + calling in lawyer + UWV department sickness insurance PO Box 57015 1040 CT Amsterdam informed means success (tell employer also that copy of diagnosis has been sent to UWV)
- write to your employer about what he is doing incorrectly
- review the emails and letters you receive from your employer and provide you with advice
- -> there is a lawyer for this. Take a real lawyer, "employment law reintegration", 'advocaat arbeidsrecht reïntegratie' and not legal assistance or FNV, the latter are in our opinion and experience much weaker and make no impression at all with the employer. Also consider the financial incentive: a legal aid lawyer or trade union often tries to perform as little work as possible financially after the annual premium has been collected. A lawyer who CAN declare hours will not be afraid of work. Look for a "lawyer on addition ('op toevoeging')" if that suits your income.
- Represent your interests at the employer before the burnout recovery proposal has been signed.
- Offer an exploratory interview to provide you with advice "how to act towards the employer".

Our website contains the necessary legal information and instructions on how to act; these must suffice to realize your rights and interests with the employer. If you are unsuccessful, you can hire a lawyer who will assist you in GETTING YOUR RIGHT. There is a big difference between entitlement and realizing your rights; the necessary employers know that a burnout person has little energy and is often not assertive, and respond to this. The GETTING YOUR RIGHTS REALIZED is then the greatest art.

We are for the most part psychologists, and we enjoy ourselves, and earn our money with BURNOUT RECOVERY (and not: tactical advice).