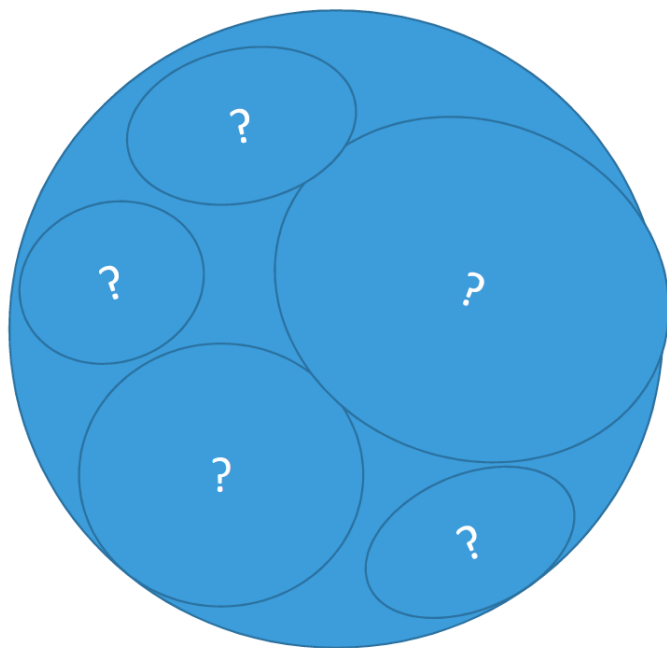


La fatigue parentale:
comment améliorer mon équilibre de vie?
Jeudi 7 sept. 2023 - EPFL

M[•]F[•] Marion Forel, soutien parental et thérapie systémique

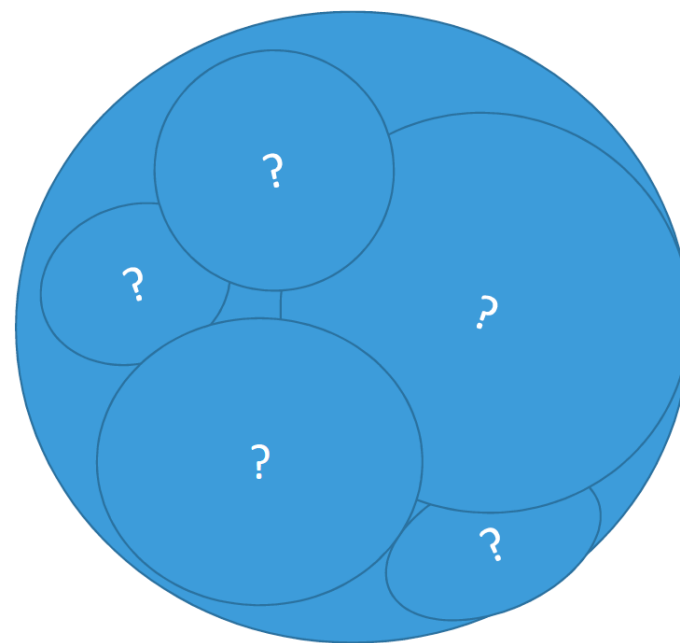
l'écoline

Les sphères de la vie



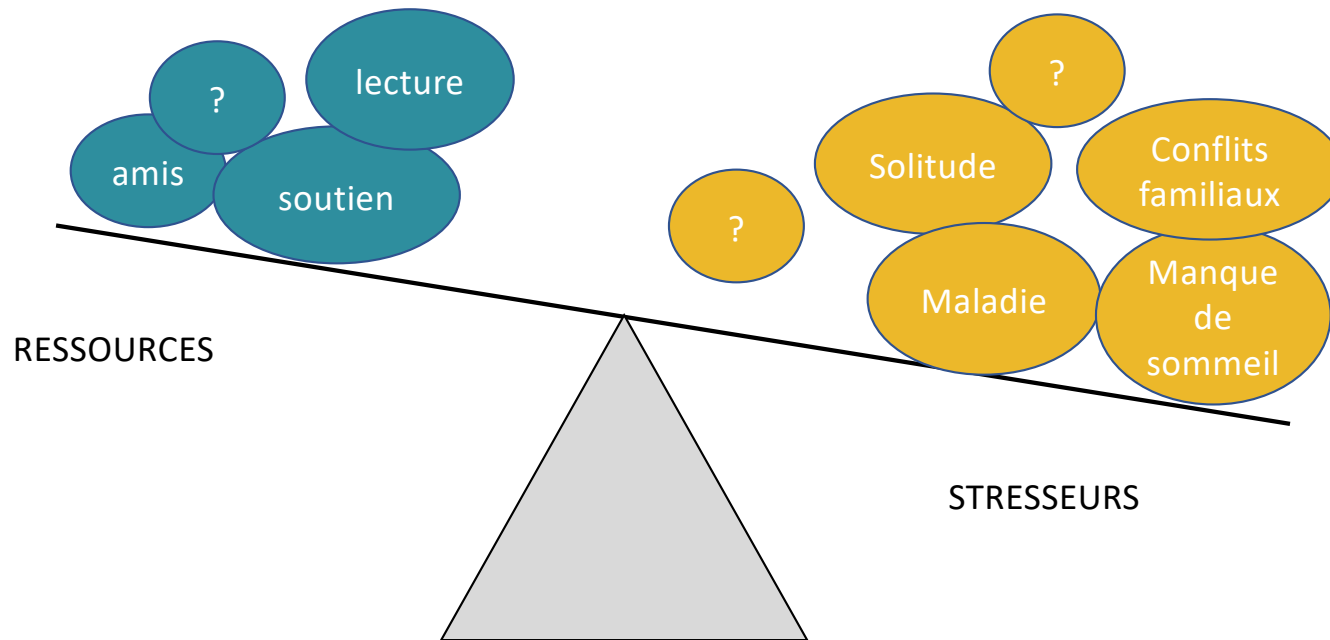
©Training Institute for Parental Burnout – Mikolajczak & Roskam

Les conflits de rôle

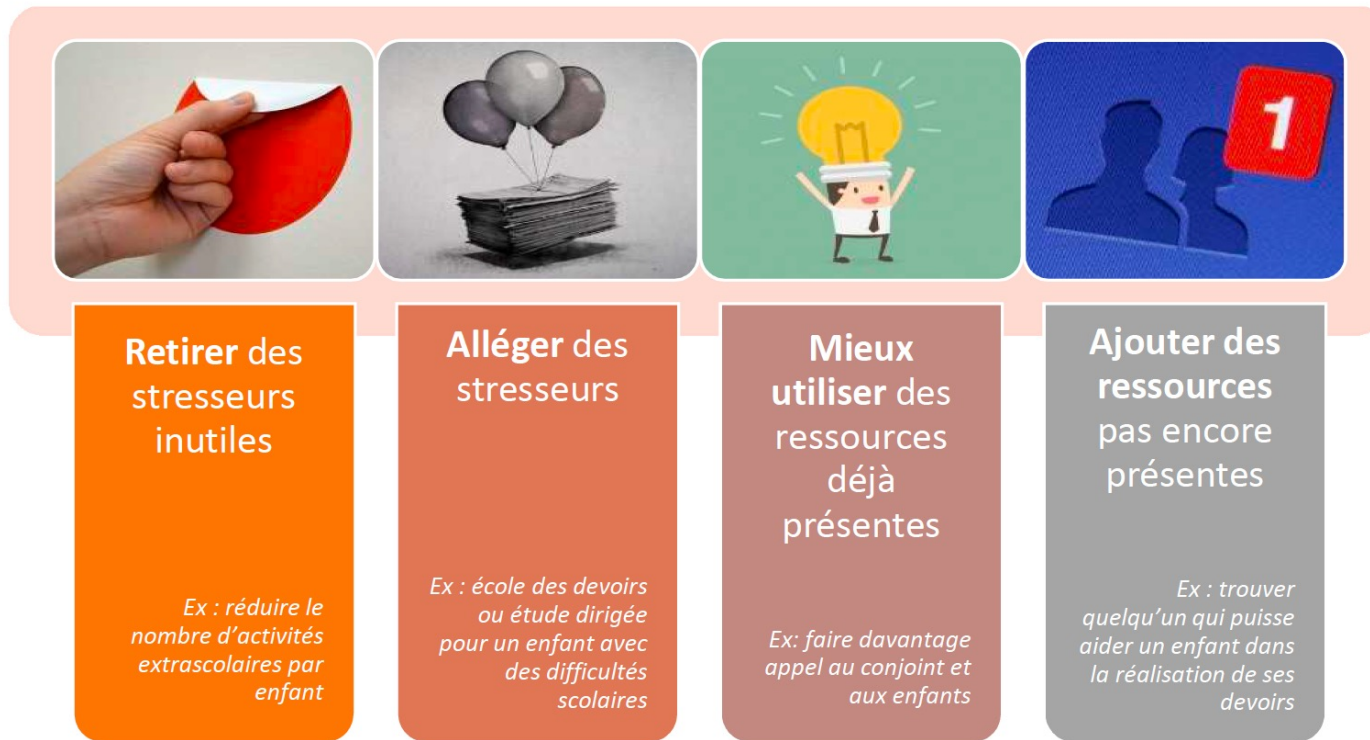


©Training Institute for Parental Burnout – Mikolajczak & Roskam

La balance de la santé psychique



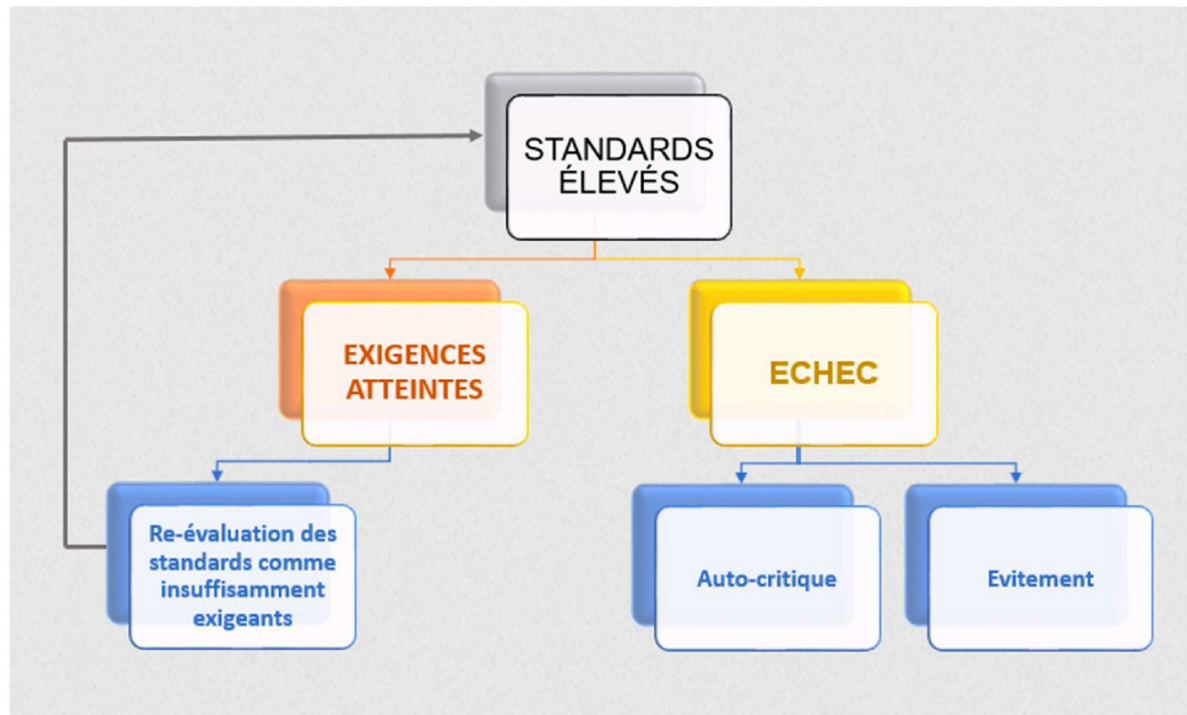
Les quatre pistes du changement



©Training Institute for Parental Burnout – Mikolajczak & Roskam

> Ré-équilibrer la balance

Le circuit du perfectionnisme



©Training Institute for Parental Burnout – Mikolajczak & Roskam

www.marionforel.ch



- www.lecoline.ch
- Marion Forel, www.marionforel.ch