

DECISION-MAKING CLARITY · ACUITY UNDER PRESSURE · SUSTAINED PERFORMANCE

Your Managers Perform Technically

Do They Also Perform Under Pressure?

In Switzerland, 42% of workers report receiving no mental health support from their employer. The cost to the Swiss economy: CHF 6.5 billion per year, including CHF 5 billion in presenteeism, the silent loss that your HR metrics fail to capture.

+400'000

active managers and executives in Switzerland — a historic record

Swiss Federal Statistical Office, Jul. 2024

33%

of Swiss workers report work-related stress and anxiety

AXA Mind Health Study 2024

6,5 Mia CHF

in annual losses for the Swiss economy, including CHF 5B in presenteeism

Health Promotion Switzerland, Job Stress Index 2023

CAP+ : the method of Olympic athletes, applied to your managers

CAP+ is a mental performance programme built on proven protocols from elite sport and positive psychology. It develops the three capabilities that high-demand environments require: decision-making clarity, resilience under stress, and strategic adaptability.

Three formats tailored to your objectives

FORMAT 01

Discovery Workshop

Half-day · 4–12 participants · EN/FR

A half-day for your managers to experience what mental performance changes in their decision-making. You leave with a collective diagnostic: real barriers, priority levers identified.

From CHF 3'500

FORMAT 02

Six-Month Programme

3 to 6 months · 4–8 participants · EN/FR

A programme built around your real challenges. Group workshops, individual coaching for key managers, documented report with progress indicators. Chosen by 80% of clients.

From CHF 15'000

FORMAT 03

Annual Partnership

12 months · Bespoke · EN/FR

Lasting performance is built over time. Over 12 months, each participant is supported within their own context, at their own pace.

On request

The Method Makes the Difference

Most transformations fail not for lack of strategy, but for lack of leaders capable of rallying their teams and holding firm under pressure. CAP+ works precisely on this capability, in a progressive, measured way, grounded in your operational reality.

01	02	03	04
<p>Initial Assessment</p> <p>Structured evaluation of individual mental resources and collective dynamics. Identification of priority levers for your specific context.</p>	<p>Bespoke Programme</p> <p>Workshops and individual sessions calibrated to your business objectives and organisational culture.</p>	<p>Real-World Integration</p> <p>Tools are progressively embedded into existing management routines, at each participant's own pace.</p>	<p>Measurable Outcomes</p> <p>Before/after report with progress indicators to document ROI for your leadership team.</p>

Reference

"Our team ranked first in the internal management satisfaction survey, with 97%. This result is no coincidence. Through this programme and its personalised coaching support, I have developed my emotional competencies in a concrete, measurable way."

J.F. D., Segment Head Wealth Management, major Swiss bank

Why CAP+ and Not Just Another Training Day?

<p>Elite Sport Protocols</p> <p>The same mental tools as an Olympic athlete — practised, measured, transferred. Every tool is immediately applicable: grounded in your reality, tested under pressure, embedded in your management practices.</p>	<p>Data-Driven, Not Gut Feeling</p> <p>Rigorous before-and-after evaluation. Clear baseline, identified action levers, measurable evidence of progress.</p>	<p>10 Years' Experience · +3,000 Field Hours</p> <p>Major corporations, public sector, Swiss elite sport. Academic foundation: Universities of Lausanne and Lille. Bilingual EN/FR.</p>
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They trust us: UBS Switzerland · Canton of Vaud · Mirabeau · Bacardi · Swiss Luxury Hotels · Olympic Museum Lausanne · Raiffeisen

Let's Discuss Your Context

Book a 30-minute conversation to assess how CAP+ aligns with your specific challenges.

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