

Initiatives at one's own employer

- It is always good to **keep in touch** with your **workplace** during your absence. You can make agreements with your supervisor (and colleagues) about what you expect from each other during this period.
- You can **discuss** your **return to work** with your supervisor, human resources department, HR manager or confidential advisor.
- Some (often larger) organizations offer **additional support**, such as a **return-to-work-coach** or a trained colleague who can help you.
- During conversations with your supervisor (or another person within your organization) you can discuss the possibilities for your return to work. For example, you can **discuss adapted work, modified working hours, or part-time work resumption** if needed.

Concrete step

Contact:

- Your supervisor
- Human Resources (HR)
- Confidential advisor

Ask if support is offered for return to work

You may be referred to the occupational physician

Attention points

- Specific guidance will depend on the organization
- Not all organizations have specific initiatives for return to work, this is mainly seen in large companies