

## Stress and emotion management

### GENERAL AIM OF THE TRAINING

Being able to face any situation with hindsight and relativity

### PROGRAMME

#### Defining stress and understanding its mechanisms

From an initial personal evaluation:

- Defining and understanding the mechanisms of negative / positive stress
- Analysing and assessing your own stress
- Understanding the different types of stress

#### Identifying the symptoms and the causes of stress and emotions

- Understanding the General Adaptation Syndrome (GAS)
- Identifying stress reactions on a physiological, psychological and behavioural level
- Analysing stress in the professional and personal environment

#### Improving your attitude and using your stress in a positive way

- What is the emotional quotient? Understanding your own emotions
- Completing your own functional analysis and identifying your own « stressors »
- Adopting the anti-stress strategy whatever the situation

#### Developing your own anti-stress strategy through anchoring and visualisation techniques

- Being aware of your own behaviour
- Teaching yourself to practice anchoring exercises
- Practicing positive visualisation
- Adopting the refocussing break

#### Putting in place a personalised action plan

### TARGET AUDIENCE

All

### PREREQUISITE

No degree or certificate required

### MODALITIES

#### Inter-company training:

Organisation: 4 to 8 participants.

Modality: online training.

Language: French.

Duration: 7 hours (1 day)

Dates: contact us

Inter-company fees: €900 VAT not incl. per person, personal interview not included

Accessibility: online training, accessible to people with disabilities.

Access time after registration: 1 month.

Educational means: Alternative theoretical and practical means with case studies and analysis tools.

Assessment: tests and quizzes throughout the training.

#### Intra-company training:

Organisation: private or group course.

Modality: online training.

Language: French.

Duration: 7 hours (1 day)

Intra-company fees: personalised quotation upon request.

Contact us.

Accessibility: online training, accessible to people with disabilities.

Access time after registration: 1 month.

Educational means: Alternative theoretical and practical means with case studies and analysis tools.

Assessment: tests and quizzes throughout the training.