

Course : Managing stress

Practical course - 2d - 14h00 - Ref. GST

Price : 1550 € E.T.

★★★★☆ 4,7 / 5

BEST

Clé en main

Formation éligible au financement Mobilités

This training course provides you with concrete tools to deal effectively with pressure and other stress factors. Thanks to a balanced approach between theory and practice, you will learn to identify the sources of your stress, analyze their effects on your performance and well-being, and develop strategies to minimize their impact. You'll discover breathing and relaxation techniques, and emotional management methods to maintain a positive state of mind, even in difficult situations.

Teaching objectives

At the end of the training, the participant will be able to:

- ✓ Understanding the three levels of stress
- ✓ Identify your own stress factors
- ✓ Practice breathing and relaxation techniques
- ✓ Develop assertiveness and self-esteem to deal with situations
- ✓ Improve personal organization and priority management

Intended audience

Anyone wishing to effectively channel their stress and emotions at work

Prerequisites

No

Course schedule

PARTICIPANTS

Anyone wishing to effectively channel their stress and emotions at work

PREREQUISITES

No

TRAINER QUALIFICATIONS

The experts leading the training are specialists in the covered subjects. They have been approved by our instructional teams for both their professional knowledge and their teaching ability, for each course they teach. They have at least five to ten years of experience in their field and hold (or have held) decision-making positions in companies.

ASSESSMENT TERMS

The trainer evaluates each participant's academic progress throughout the training using multiple choice, scenarios, hands-on work and more. Participants also complete a placement test before and after the course to measure the skills they've developed.

1 Assess stress levels and factors

Target skills

- Defining stress and its associated reactions and symptoms (physical, emotional, intellectual and behavioral)
- Understanding stress reactions
- Distinguish between the three levels of stress: alarm, resistance, exhaustion
- Identify your own personal and professional stressors
- Understanding the stages of change and the associated stress

Educational activities

- Exchange: identifying stressors in the workplace
- Brainstorming: group discussion on the various concepts associated with stress
- Self-diagnosis: identify your stress level and the stressors in your environment
- Launch an individual action plan: take stock of current stress management strategies

2 Stress management techniques

Target skills

- Change limiting beliefs, injunctions and permissions
- Experience the emotional approach using empathy, positive anchoring, visualization and respect for basic needs.
- Connect with your body through breathing, relaxation, stretching and other body practices
- Changing behaviors through work on spontaneous internal pilots and conflict management
- Learn to get out of relationship games with Karpman's triangle: persecutor, rescuer and victim

Educational activities

- Self-diagnosis: determining your preferred stress management strategy
- Exercise: practice breathing and relaxation techniques
- Individual reflection: evolution of beliefs and thoughts related to stressful situations
- Experimentation: managing emotions using anchoring and visualization techniques
- Exercise: identifying relational games in various situations
- Enriching the individual action plan

Tools and methods

- Karpman triangle
- Breathing and relaxation techniques
- Anchoring and visualization techniques

TEACHING AIDS AND TECHNICAL RESOURCES

- The main teaching aids and instructional methods used in the training are audiovisual aids, documentation and course material, hands-on application exercises and corrected exercises for practical training courses, case studies and coverage of real cases for training seminars.
- At the end of each course or seminar, ORSYS provides participants with a course evaluation questionnaire that is analysed by our instructional teams.
- A check-in sheet for each half-day of attendance is provided at the end of the training, along with a course completion certificate if the trainee attended the entire session.

TERMS AND DEADLINES

Registration must be completed 24 hours before the start of the training.

ACCESSIBILITY FOR PEOPLE WITH DISABILITIES

Do you need special accessibility accommodations? Contact Mrs. Fosse, Disability Manager, at psh-accueil@orsys.fr to review your request and its feasibility.

3 Increasing your resistance to stress: developing an effective strategy

Target skills

- Increase self-esteem, assertiveness and self-control by defining values, qualities and skills
- Use verbal and non-verbal communication to enhance assertiveness
- Understand and reposition behaviors under stress (attack, flight, withdrawal, submission and dominance)
- Identify resources for problem-solving, prepare for confrontation
- Improve professional and personal organization for better priority management
- Defining your anti-stress organization

Educational activities

- Self-diagnosis: discover your preferred life positions
- Personal reflection: exploring values, qualities and talents
- Exercise: confrontation scenarios to practice finding a favorable outcome
- Exercise: determine your daily priorities to better manage the stress of accumulating tasks
- Enrichment and finalization of the individual action plan

Tools and methods

- Eisenhower matrix and priority management methods
- Time management methods
- Assertive communication techniques

Times

Courses take place from 09:00 to 12:30 and from 14:00 to 17:30.

Participants may arrive beginning at 08:45. Breaks and lunches are complimentary.

For four- and five-day hands-on courses, sessions end at 16:00 on the last day of the course, regardless of the teaching mode..

Dates and locations

REMOTE CLASS

2026 : 20 Apr., 20 Apr., 4 May, 28 May, 28 May, 11 June, 25 June, 25 June, 20 July, 17 Aug., 17 Aug., 31 Aug., 21 Sep., 19 Oct., 5 Nov., 5 Nov., 16 Nov., 7 Dec., 7 Dec.

PARIS LA DÉFENSE

2026 : 20 Apr., 4 May, 28 May, 11 June, 25 June, 20 July, 17 Aug., 31 Aug., 21 Sep., 19 Oct., 5 Nov., 16 Nov., 7 Dec.

LYON

2026 : 4 May, 20 July, 21 Sep., 5 Nov.

AIX-EN-PROVENCE

2026 : 11 June, 31 Aug., 7 Dec.

ANGERS

2026 : 11 June, 31 Aug., 5 Nov.

AVIGNON

2026 : 11 June, 31 Aug., 5 Nov.

BORDEAUX

2026 : 11 June, 31 Aug., 7 Dec.

BREST

2026 : 11 June, 31 Aug., 5 Nov.

CLERMONT-FERRAND

2026 : 11 June, 31 Aug., 5 Nov.

GRENOBLE

2026 : 4 May, 31 Aug., 16 Nov.

LEMANS

2026 : 11 June, 31 Aug., 5 Nov.

LIMOGES

2026 : 11 June, 31 Aug., 5 Nov.

METZ

2026 : 11 June, 31 Aug., 5 Nov.

MULHOUSE

2026 : 11 June, 31 Aug., 5 Nov.

NANTES

2026 : 20 Apr., 20 July, 5 Nov.

ORLÉANS

2026 : 4 May, 31 Aug., 16 Nov.

REIMS

2026 : 4 May, 31 Aug., 16 Nov.

ROUEN

2026 : 4 May, 31 Aug., 16 Nov.

SOPHIA-ANTIPOLIS

2026 : 28 May, 31 Aug., 7 Dec.

TOULON

2026 : 11 June, 31 Aug., 5 Nov.

TOURS

2026 : 31 Aug., 16 Nov.

BRUXELLES

2026 : 25 June, 31 Aug., 5 Nov.

LUXEMBOURG

2026 : 25 June, 31 Aug., 5 Nov.

CAEN

2026 : 11 June, 31 Aug., 5 Nov.

DIJON

2026 : 28 May, 31 Aug., 7 Dec.

LAUSANNE

2026 : 11 June, 21 Sep., 7 Dec.

LILLE

2026 : 11 June, 31 Aug., 7 Dec.

MARSEILLE

2026 : 11 June, 31 Aug., 5 Nov.

MONTPELLIER

2026 : 28 May, 31 Aug., 7 Dec.

NANCY

2026 : 11 June, 31 Aug., 5 Nov.

NIORT

2026 : 31 Aug., 16 Nov.

PAU

2026 : 11 June, 31 Aug., 5 Nov.

RENNES

2026 : 28 May, 31 Aug., 7 Dec.

SAINT-ETIENNE

2026 : 11 June, 31 Aug., 5 Nov.

STRASBOURG

2026 : 11 June, 31 Aug., 7 Dec.

TOULOUSE

2026 : 11 June, 31 Aug., 7 Dec.

VALENCE

2026 : 11 June, 31 Aug., 5 Nov.

GENÈVE

2026 : 11 June, 21 Sep., 7 Dec.