

Personal development e-learning channel

by XOS

Practical course - 1d - 02h35 - Ref. 8DP

Price : 105 CHF E.T.

In many situations, we receive and react with our own experiences. By getting to know ourselves better, we can improve our relationships with others, our reactions to different situations and difficulties, and even our cognitive and emotional capacities. Stressful situations are part and parcel of our daily lives, preventing us from reaching our full potential. However, there are techniques available to help you cope with stress and even make it more stimulating. This training course gives you the keys to getting to know yourself better, understanding how your brain and emotions work, asserting yourself with serenity and managing your stress to your advantage!

Teaching objectives

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

- ✓ Understand how the brain works and deal with its cognitive biases.
- ✓ Understand the mechanism of emotions and learn how to manage them better.
- ✓ Assert yourself with confidence.
- ✓ Identify types of stress and their origins.
- ✓ Understand how to tame stress.
- ✓ Implement techniques to manage stress and emotions.
- ✓ Develop self-confidence.

Intended audience

Anyone wishing to develop their self-awareness and gain better control over stress and pressure in the workplace.

Prerequisites

No special knowledge required.

PARTICIPANTS

Anyone wishing to develop their self-awareness and gain better control over stress and pressure in the workplace.

PREREQUISITES

No special knowledge required.

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.

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.

Practical details

Digital activities

La structure soft skills : vidéos d'experts, exercices, cas pratiques et fiches de synthèse. 07h30 de ressources complémentaires issus d'agrégations de contenus permettant un mix parfait entre conception et agrégats.

Mentoring

L'option tutorat propose un accompagnement personnalisé par un formateur référent ORSYS, expert du domaine. Adapté aux besoins, aux capacités et au rythme de chaque apprenant, ce tutorat combine un suivi asynchrone (corrections personnalisées d'exercices, échanges illimités par message...) et des échanges synchrones individuels. Bénéfice : une meilleure compréhension, le développement des compétences et un engagement durable dans la formation.

Pedagogy and practice

Bénéficiez des conseils et des retours d'expériences des meilleurs experts. Découvrez leurs astuces et les raisons de leurs succès au travers de témoignages concrets. Les apprenants participent à un exercice de découverte active pour compléter et/ou renforcer les apports notionnels de l'expert et bénéficier d'un retour adapté en fonction de leur réponse. Durant chaque cours, découvrez des cas opérationnels réalisés par des experts pour aider les apprenants à mettre en pratique ce qu'ils viennent d'apprendre. Retrouvez une fiche synthèse complète et efficace ! Chaque apprenant pourra conserver une trace écrite de ce qu'il a appris et des conseils qu'il a reçus.

Course schedule

1 The power of the brain

- Discovering the brain.
- Your brain is deceiving you.
- How to optimize your brain.

2 Emotional intelligence

- What is an emotion?
- What impact do emotions have?
- How can you better manage your emotions?
- Emotions Management Quiz

3 Learning to learn

- Prepare your brain: the keys to successful learning.
- Fertilize your memory.
- Focus on learning techniques.

4 Developing assertiveness

- Free your assertive voice.
- Deploy assertiveness in everyday life.

5 Developing self-confidence

- Dare to blossom.

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.

6 Additional resources (12h00)

- Strategies for emotional balance in everyday life.
- Approaches and reflections on self-confidence.
- Understand, cultivate and strengthen your self-esteem.
- Discover and learn about meditation.
- Strengthen your assertiveness.