

# Course : Optimizing energy for greater serenity and efficiency

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

Price : 1610 CHF E.T.

★★★★☆ 4,9 / 5

To cope with pressures and changes of all kinds, it's useful to know how to adapt flexibly and appropriately. This course focuses on one essential factor: managing your energies and maintaining physical and mental balance to prevent and reduce the harmful effects of stress.

## Teaching objectives

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

- ✓ Identify stress factors by listening to yourself
- ✓ Identifying resistance and beliefs
- ✓ Learning to energize and relax
- ✓ Assert yourself and develop your self-confidence
- ✓ Managing emotions effectively
- ✓ Practice breathing and regenerative movements

## Intended audience

Anyone wishing to adapt more accurately to situations while preserving their well-being.

## Prerequisites

No special knowledge required.

## Practical details

### Hands-on work

This training course is based on collective discussion and reflection, role-playing, individual analysis and fun exercises.

### Teaching methods

Active pedagogy that encourages personal involvement and relies on group dynamics.

## Course schedule

### PARTICIPANTS

Anyone wishing to adapt more accurately to situations while preserving their well-being.

### 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.

## 1 Develop self-awareness to better understand the phenomenon of stress

- Identify stress warning signals.
- Understand the mechanism of stress and its effects.
- Identify stress factors.
- Evaluate the impact of stress on yourself.
- Develop your listening skills.

### Exercise

Individual assessment, questionnaire.

## 2 Cultivating energizing thoughts and actions

- Neutralize negative thoughts.
- Identify resistance and beliefs.
- Broaden your point of view.
- Renewing motivation.
- Dare to change.
- Learn to energize or relax.

### Exercise

Case studies. Personalized analyses. Physical and mental energizing exercises.

## 3 Developing self-confidence and assertiveness

- Build self-confidence.
- Control impulsiveness, avoid flight, passivity or manipulation.
- Clarify your needs and personal values.
- Respect your limits.
- Learn to say no without feeling guilty.

### Exercise

Confidence-building body exercises to let go and express yourself.

## 4 Managing emotions

- Better understand and identify your emotions.
- Tame and channel emotional energy.
- Identify emotional traps.
- Improve expression and communication skills.

### Exercise

Anchoring, expression games, role-playing.

## 5 Transforming stress into positive energy

- The major role of breathing.
- Learning to relax quickly.
- Visualization.
- Regenerative movements.
- The acquisition of well-being automatisms.

### Exercise

Breathing, regenerative movements, self-massages.

### 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](mailto:psh-accueil@orsys.fr) to review your request and its feasibility.

- 6 Draw up an individual action plan
- Define individual progress objectives.

**Exercise**

Formal written action plan.

## Dates and locations

### REMOTE CLASS

2026 : 22 June, 22 June, 5 Oct., 5 Oct., 14 Dec.,  
14 Dec.