

Course : Stress management for better collaboration

Training "Escape Game"

Practical course - 1d - 07h - Ref. ESD

Price : 930 CHF E.T.



This training course enables participants to understand stress-reducing methods and to apply them in a collaborative context under pressure. Immersed in an escape game, participants experience the processes that lead a group to collaborate, and identify how stress can interfere with the collaborative dynamic.

Teaching objectives

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

- ✓ Understand how stress works on a biological, emotional and relational level
- ✓ Identify your relationship with stress and your professional stressors
- ✓ Practice rapid stress management methods
- ✓ Identify the levers and obstacles to effective collaboration
- ✓ Raising awareness of the negative effects of stress as part of a collaborative dynamic

Intended audience

Managers, team leaders and supervisors.

Prerequisites

Management experience.

Practical details

Exercise

Edutainment exercises on stress management and collaborative processes in the form of an escape game.

Teaching methods

Active teaching. Participative exchanges, escape-game-style collaborative exercises encourage experimentation with collective behaviors.

Course schedule

PARTICIPANTS

Managers, team leaders and supervisors.

PREREQUISITES

Management experience.

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.

1 Understanding and deciphering stress

- Define stress and identify its main manifestations.
- Distinguish between positive and negative stress.
- Understand the mechanism of stress, how it works and its effects.

Exercise

Construction of a meta-plan on the main elements linked to stress.

2 Identify stress factors and situations

- Identify stress factors in your personal life and work environment.
- Identify anxiety-provoking situations.
- Understand the source(s) of your stress.
- Analyze your reactions and coping strategies in the face of stress.

Exercise

Sub-group work on mapping each participant's stress factors. Self-diagnosis of personal sources of stress. Practical application of the biofeedback technique.

3 Building your anti-stress toolbox

- Identify effective stress management tools.
- Managing stress with Emotional freedom techniques (digipuncture).
- Practice cardiac coherence.
- Using TTRE (Tension and Trauma Releasing Exercises) in situations of intense stress.

Exercise

Putting the three stress management techniques into practice.

4 Managing stress to facilitate collaboration

- Analyze the impact of stress and its manifestations on collaborative processes.
- Identify parameters that facilitate problem-solving and/or creativity.
- Identify the right conditions for collective intelligence to emerge.
- Transform them into levers for managerial action.
- Deconstruct representations and beliefs about the collaborative phenomenon.

Exercise

Collaborative escape game exercises: "the box" and "the symbol race". Debriefing on individual and collective behaviors. Construction of a personal action plan.

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.