

Course : Managing stress

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

Price : 1550 CHF E.T.



4,7 / 5

BEST

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

Compétences visées

- 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

Activités pédagogiques

- 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

Compétences visées

- 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

Activités pédagogiques

- 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

Outils et méthodes

- 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

Compétences visées

- 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

Activités pédagogiques

- 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

Outils et méthodes

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

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.

LAUSANNE

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

GENÈVE

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