

Course : Mental preparation: fully mobilize your abilities in all situations

Make your decisions, exams, negotiations and speeches a success.

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

Price : 1610 CHF E.T.

NEW

Everyone is faced with the challenges of performance, concentration and stress management. This course offers a pragmatic introduction to mental preparation, inspired by top-level sport but adapted to the world of work. Using practical tools, you'll learn how to mobilize your inner resources to achieve your goals calmly and effectively. Alternating accessible theory and guided practice, this training program encourages autonomy, perspective-taking and self-confidence, all of which can be directly transposed to professional life.

Teaching objectives

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

- ✓ Set a clear, motivating professional objective
- ✓ Choosing and using a mental preparation technique adapted to your needs
- ✓ Voluntarily activate a state of calm, concentration or motivation
- ✓ Building self-confidence in high-stakes situations
- ✓ Create a mental routine to prepare for a stressful task or event

Intended audience

All employees wishing to develop their ability to mobilize effectively, particularly in situations of tension or work overload.

Prerequisites

No

Practical details

Hands-on work

Individual or group brainstorming and reflection, experience sharing, guided experimentation, creation of an action plan to facilitate transposition into daily professional life.

PARTICIPANTS

All employees wishing to develop their ability to mobilize effectively, particularly in situations of tension or work overload.

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.

Course schedule

1 Understanding the fundamentals of mental preparation

- Identifying the challenges of mental preparation in the workplace
- Discover the physiological and cognitive mechanisms of stress and performance
- Distinguish between the main mental preparation techniques (breathing, visualization, anchoring, etc.).
- Understanding altered states of consciousness and their usefulness in everyday life
- Demystifying mental preparation and anchoring it in professional reality

Hands-on work

Brainstorming in sub-groups: representations and beliefs about mental preparation. Workshop to identify key moments when mental preparation can make a difference (meetings, deadlines, etc.). Group experience sharing to illustrate concrete situations.

2 Set a clear, motivating mental goal

- Formulate a professional goal using the SMART method
- Define the intention of each session: to refocus, regain energy, anticipate a challenge...
- Structuring a typical session: induction, intention, practice, return to alert state
- Choose the tool best suited to the objective (breathing, anchoring, visualization...)

Hands-on work

Individual exercise: writing a SMART objective linked to a specific professional situation. Group debriefing to refine objectives, if necessary. Guided experimentation: test different inductions (breathing, anchoring).

3 Explore and appropriate mental preparation tools

- Test breathing techniques to soothe or energize
- Practice positive visualization to boost confidence and concentration
- Using autosuggestion to anchor positive beliefs
- Discover sensory anchoring to trigger a desired emotional state

Hands-on work

A series of guided practices: cardiac coherence, multisensory visualization, emotional anchoring test. Sensory writing workshop: create a personalized visualization based on the five senses. Talking circle: sharing individual feelings, effects, obstacles and levers.

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.

4 Create your own mental routine for everyday professional life

- Combine several techniques in a personal mini-session
- Choose your preferred tools according to recurring professional situations
- Install a mental habit in your daily routine (before a meeting, a difficult call, a deliverable, etc.).
- Identify conditions conducive to sustainable development of the practice

Hands-on work

Final workshop: everyone designs and carries out their own mental preparation session. Action plan: define when and how to integrate the practice into daily life. Sharing in pairs on the transposability of the action plan. Closing: sharing of post-training commitments and intentions.

Dates and locations

REMOTE CLASS

2026 : 1 June, 15 Sep., 24 Nov.