

Course : Coping with professional pressure and improving efficiency

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

Price : 1610 CHF E.T.

★★★★☆ 4,4 / 5

Increasing workload, urgent matters, unforeseen events... How can you manage pressure and stress at work to improve your efficiency? This practical training course uses sophrology techniques to anchor your own relaxation reflexes through simple exercises that can easily be performed in the workplace.

Teaching objectives

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

- ✓ Better manage tense situations
- ✓ Recharge your batteries during the working day
- ✓ Distance yourself from events and changes
- ✓ Develop internal resources (confidence, concentration, creativity...)

Intended audience

Anyone wishing to adapt more effectively to stressful situations and reconcile balance and performance.

Prerequisites

No special knowledge required.

Practical details

Exercise

Self-diagnosis. Sophrology techniques (breathing, relaxation, visualization...) to relieve pressure and improve daily life.

Teaching methods

At the end of the course, you'll be able to reuse these techniques on your own, and take charge of your own well-being.

Course schedule

PARTICIPANTS

Anyone wishing to adapt more effectively to stressful situations and reconcile balance and performance.

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 Regulating everyday stress

- Identify harmful coping strategies.
- Identify the impact of posture on the body and emotions.
- Channel your mind and focus on your goals.
- Establish the right reflexes: wait, relax...
- Adapt your breathing to the desired internal state: calm down, energize, concentrate.

Exercise

Individual reflection to assess your stress curve. Sharing.

2 Relax and regain energy quickly

- Identify and release areas of tension.
- Sitting or standing: knowing how to relax.
- Encourage concentration and recovery with breaks.
- Develop your ability to "live in the moment": refocus.

Exercise

Training in body techniques "minute" to recover and re-energize in the moment.

3 Coping with difficult situations

- Anchor a reflex to quickly relieve pressure.
- Eliminating post-crisis tensions.
- Take a step back and change your outlook.
- "Create your own bubble" to protect yourself from ambient stress: noise, agitation, aggression...
- Exercise your brainpower in the face of the unexpected.

Exercise

Mental preparation for stressful situations using sophrology. Training in positive visualization and mental representation.

4 Boosting energy for greater vitality and efficiency

- Contact your positive resources to multiply your energy.
- Use body and breathing techniques to better distinguish between professional and private spheres.
- A healthy lifestyle.
- Adopt the right work rhythm with chronopsychology.
- Balance your work organization according to the energy you can mobilize.

Exercise

Refocus and re-energize between difficult meetings.

5 Know your resources and go beyond them

- Reconnect with your needs, values and abilities.
- Taking your place: positioning your body, taking over your space.
- Develop your voice and assert yourself.
- Practice meditation to develop your powers of concentration.

Exercise

Positive visualization training. Build your personal action plan.

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.

Dates and locations

REMOTE CLASS

2026 : 23 Apr., 25 June, 27 Aug., 29 Oct., 10 Dec.