

Course : Managing stress

Practical course - 1d - 7h00 - Ref. LUL

Price : 790 € E.T.

NEW

Identify your sources of stress and transform them into performance drivers. This one-day training course helps you to understand your reactions, adopt breathing, relaxation and visualization techniques, and establish a lasting balance between tension and serenity.

Teaching objectives

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

- ✓ Understand the physiological and psychological mechanisms of stress.
- ✓ Identify personal sources and warning signals.
- ✓ Transforming stress into a driving force for adaptation and performance.
- ✓ Use practical techniques to manage emotions and tension.
- ✓ Set up routines to prevent long-term stress.

Intended audience

Anyone wishing to better understand and regulate stress in a demanding or changing professional context. Training accessible to all levels and functions.

Prerequisites

None.

Course schedule

1 Understanding the stress mechanism

- Defining stress: origins, forms and representations.
- Identify internal and external sources of work-related stress.
- Differentiating between "good" and "bad" stress: impacts on health and performance.
- Understand the physiological and cognitive response to stress (brain, hormones, behavior).

Hands-on work

Self-diagnosis of your stress profile and analysis of triggers.

PARTICIPANTS

Anyone wishing to better understand and regulate stress in a demanding or changing professional context.

Training accessible to all levels and functions.

PREREQUISITES

None.

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.

2 Identify personal stress factors

- Identify your physical and emotional warning signals.
- Identify limiting thought patterns and beliefs.
- Understand the influence of perfectionism, control or the need for recognition.
- Adapt your perception of constraints and adjust your priorities.

Hands-on work

Personal stress mapping exercise and discussion of resistance mechanisms.

3 Experiment with stress management techniques

- Cognitive approach: reframe thoughts and put situations into perspective.
- Emotional approach: recognize, welcome and channel your emotions.
- Body approach: breathing exercises, relaxation and body anchoring.

Hands-on work

Exercices de respiration guidée, visualisation positive, étirements et ancrage corporel. Création d'un plan d'action personnalisé pour prévenir et réguler le stress au travail.

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 : 3 Apr., 1 July, 11 Sep., 18 Dec.

LUXEMBOURG

2026 : 24 June, 4 Sep., 11 Dec.