

# Course : Letting go and stepping back

*Practical course - 1d - 7h00 - Ref. LUM*

*Price : 790 € E.T.*

Learn how to release pressure and step back from constraints. This one-day training course guides you to identify your resistance, calm your emotions and adopt a balanced posture conducive to serenity and sustainable performance.

## Teaching objectives

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

- ✓ Understand the mechanisms of letting go and its benefits.
- ✓ Identify resistance and automatisms that prevent you from taking a step back.
- ✓ Adopt mental and physical attitudes that promote serenity.
- ✓ Implement concrete practices to preserve your balance.

## Intended audience

Anyone facing situations of stress, overload or loss of control who wants to regain perspective, lucidity and a calmer posture in their professional environment.

## Prerequisites

None.

## Course schedule

### 1 Understanding and defining letting go

- Implement concrete practices to preserve your balance.
- Distinguish between letting go, abandonment and indifference.
- Identify the three levels of the brain (instinctive, emotional, rational) in control management.
- Understand the link between letting go and professional effectiveness.

### Hands-on work

Guided reflection on personal stumbling blocks and group discussion on the notion of control.

## PARTICIPANTS

Anyone facing situations of stress, overload or loss of control who wants to regain perspective, lucidity and a calmer posture in their professional environment.

## 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 Identifying resistance to letting go

- Recognize the limiting beliefs that fuel the need for control.
- Analyze automatic thoughts and repetitive mental patterns.
- Identify your "internal drivers" (be strong, be perfect, please...).
- Understanding resistance to change.

### Hands-on work

Self-diagnosis of personal beliefs and cognitive reformulation exercises.

## 3 Adjust your attitudes to protect yourself

- Distance yourself from emotionally-charged situations.
- Apply breathing, relaxation and visualization techniques.
- Experiment with body postures that promote relaxation and confidence.
- Use the DESC method to express limits without tension.

### Hands-on work

Guided body exercises and practice of conscious breathing.

## 4 Consolidate a sustainable posture of letting go

- Identify personal levers for balance and renewal.
- Put constraints into perspective and prioritize.
- Set up refocusing and recovery rituals.
- Develop a personal action plan to maintain daily serenity.

### Hands-on work

Creation of a personal progression plan, sharing of effective letting-go routines.

### 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 Mar., 15 June, 11 Sep., 2 Dec.

### LUXEMBOURG

2026 : 8 June, 4 Sep., 25 Nov.