

Immersive sessions - Meditation

by Reality Academy

Practical course - 0,5d - 01 - Ref. 8MI

Price : 95 CHF E.T.

Enjeu : Le stress et la surcharge mentale impactent la santé et la productivité. La méditation est un outil puissant pour retrouver son calme intérieur et améliorer son bien-être au quotidien. Ce que je vis : À travers 10 séances immersives, vous expérimentez des techniques de relaxation dans un environnement virtuel apaisant, coupé des stimuli stressants.

Teaching objectives

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

- ✓ Identify the effects of meditation on stress management and emotional regulation.
- ✓ Practice meditation techniques to release physical and mental tension.
- ✓ Integrate meditation into your daily professional and personal life to cultivate a state of serenity and lasting well-being.

PARTICIPANTS

PREREQUISITES

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.

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

Practical details

Digital activities

Les formations By Reality Academy sont immersives et interactives.

L'apprentissage par la pratique est un outil de montée en compétences puissant : En immersion dans une classe virtuelle, l'apprenant sélectionne sa formation et plonge dans le scénario. Il vit une situation, prend une décision à la 1ère personne et en vit les conséquences directes.

Mentoring

The tutoring option offers personalized support from an ORSYS trainer who is an expert in the field. Adapted to the needs, abilities and pace of each learner, this tutoring combines asynchronous follow-up (personalized corrections of exercises, unlimited exchanges by message...) and individual synchronous exchanges. The result: better understanding, skills development and lasting commitment to training.

Pedagogy and practice

Get advice and feedback from leading experts. Discover their tricks of the trade and the reasons behind their successes through real-life testimonials. Learners take part in an active discovery exercise to complement and/or reinforce the expert's notional input, and benefit from feedback tailored to their response. During each course, discover operational cases created by experts to help learners put into practice what they have just learned. Find a complete and effective summary sheet! Each learner can keep a written record of what they've learned and the advice they've received.

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.

Course schedule

1 Free yourself from stress

Digital activities

Apprenez à identifier les situations stressantes pour mieux les appréhender. Suivez les instructions et exercez-vous à la technique de la respiration profonde.

2 Inner calm

Digital activities

Vivez un moment apaisant et ressourçant, progressez vers votre calme intérieur.

3 Taking a step back

Digital activities

Prenez de la hauteur, survolez vos soucis, contrariétés et stress du quotidien pour vous concentrer sur des aspects positifs de votre vie.

4 Activate your motivation

Digital activities

Retrouvez votre motivation intérieure et rechargez vous mentalement et physiquement.

5 Joy at work

Digital activities

Découvrez les outils pour vous sentir plus heureux et plus épanoui au travail. Cultivez un état d'esprit positif et développez la joie dans votre travail.

6 Letting go

Digital activities

Libérez-vous des poids physiques, émotionnels et mentaux que vous ressentez, pour vous permettre de mieux vivre le moment présent.

7 Better sleep

Digital activities

Récupérez mentalement et boostez vous grâce à un exercice de micro-sieste.

8 Living in harmony with your emotions

Digital activities

Stimulez vos 5 sens et connectez-vous à vos sensations pour retrouver un équilibre. Apprenez à gérer vos émotions pour développer des relations plus saines et positives envers vous-même et les autres.

9 Boosting self-confidence

Digital activities

Prenez conscience de vos capacités, et de votre potentiel. Préparez-vous à affronter les défis de la vie.

10 Collective harmony

Digital activities

Ouvrez-vous à l'empathie, vous pourrez contribuer à créer un environnement plus paisible et plus respectueux autour de vous.