

# Course : Managing Stress: Advanced Techniques

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

Price : 1610 CHF E.T.

 4,8 / 5

This course helps participants identify stress factors, assess their stress levels, and turn stress into positive energy through emotional intelligence, relaxation techniques, and assertiveness. Includes self-assessments, role plays, and personalized action plans.

## Teaching objectives

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

- ✓ Identify the main sources of pressure and stress
- ✓ Assess their personal stress levels and resistance to change
- ✓ Manage stress using emotional intelligence
- ✓ Master various relaxation techniques
- ✓ Develop assertiveness to reduce external and internal pressure

## Intended audience

Anyone wishing to improve and refine their stress management techniques.

## Prerequisites

No specific prior knowledge is required.

## Practical details

### Hands-on work

Self-assessments, role-playing, and peer discussions.

## Course schedule

### 1 Understanding Pressure and Stress Mechanisms

- Definitions of pressure and stress
- Distinguishing between symptoms, causes, and consequences
- Adaptation strategies and the concept of "coping"

### Hands-on work

Analyzing real-life situations (e.g. videos) and mapping stress factors

## PARTICIPANTS

Anyone wishing to improve and refine their stress management techniques.

## PREREQUISITES

No specific prior knowledge is 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.

## 2 Evaluating Personal Stress

- Recognizing the effects of pressure on mind and body
- Psychological reactions and behavioral patterns
- Identifying personal stress triggers and warning signs
- Leaving the comfort zone and understanding resistance to change

### Hands-on work

Self-diagnosis of stress levels

## 3 Managing Stress with Emotional Intelligence

- Understanding emotional “fears” and triggers
- Identifying and reshaping stressful thought patterns
- Building self-control and modifying emotional habits
- Analyzing destabilizing behaviors and disarming emotions

### Hands-on work

Emotional intelligence self-assessment

## 4 Turning Stress into Positive Energy

- Physical and mental relaxation techniques (breathing, posture, visualization)
- Communicating to prevent stress escalation
- Enhancing active listening to maintain calm interactions

### Hands-on work

Hands-on training in physical and mental relaxation methods

## 5 Using Assertiveness to Alleviate Pressure

- The five resource dimensions of assertiveness
- Understanding personal interaction styles and self-perception
- Navigating comfort, risk, and panic zones

### Hands-on work

Assertiveness self-assessment and personal barriers identification

## 6 Minimizing Stress Impact

- Combining assertiveness with adaptability
- Balancing self-respect and respect for others
- Neutralizing negative thoughts
- Practical tools to reinforce assertive posture

### Role-playing

Role-playing based on real-life challenges

## 7 Designing a Personalized Action Plan

- Identifying strategies to manage stress proactively
- Embedding stress transformation techniques into daily routines

### Hands-on work

Creating and anchoring a personalized operational 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](mailto:psh-accueil@orsys.fr) to review your request and its feasibility.

## Dates and locations

### **REMOTE CLASS**

2026: 2 Apr., 2 Apr., 15 June, 15 June, 28 Sep.,  
28 Sep., 7 Dec., 7 Dec.