

# Course : 360° panorama of personal and relational development

**Regulate your emotions and stress and build strong relationships**

**Practical course - 2d - 14h00 - Ref. PGR**

**Price : 1590 CHF E.T.**

NEW

This course offers a comprehensive exploration of personal and relational development. It enables participants to better understand their emotions, regulate their stress and adopt a more stable, assertive posture. Participants develop their emotional intelligence, improve their interactions and enhance the quality of their professional relationships, for greater efficiency, serenity and cooperation in their day-to-day work.

## Teaching objectives

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

- ✓ Regulate your emotions to better understand their triggers and effects on your decisions and behaviors
- ✓ Adapt your response to stress to maintain your effectiveness in key situations
- ✓ Developing conscious communication to strengthen mutual understanding and prevent misunderstandings
- ✓ Assert yourself with accuracy and respect to express your needs and limits while preserving the quality of the relationship
- ✓ Strengthen the quality of professional relationships to foster cooperation and mutual trust

## Intended audience

Anyone wishing to develop their interpersonal skills.

## Prerequisites

No

## PARTICIPANTS

Anyone wishing to develop their interpersonal skills.

## PREREQUISITES

No

## 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.

## Practical details

### Hands-on work

Active and engaging teaching methods: each participant draws up a personal commitment contract based on a 360° self-coaching approach. Scenarios, discussions, role-playing and feedback encourage awareness, concrete experimentation and lasting learning.

## Course schedule

### 1 Self-awareness: understanding your emotions to better position yourself

- Decoding personal injunctions and their impact with drivers
- Identify your emotions precisely
- Prioritize your needs to understand what really drives your decisions
- Anticipate your own reactions and reduce internal tensions
- Gain stability and clarity in your choices
- Gain insight into your strengths and weaknesses

#### Hands-on work

Self-diagnosis of constraining messages and experimentation with situational exercises to promote awareness and anchoring. Workshop to explore and identify emotions. Practical application to develop emotional awareness and encourage regulation.

### 2 Self-control: managing stress in key situations

- Reducing stress through breathing
- Identify your psychological postures and adjust your response
- Reacting with foresight in tense situations
- Regulate your day-to-day behavior and stop reacting impulsively

#### Hands-on work

Exercices de respiration rythmée, applications pratiques dans des situations de tension ou de prise de décision. Expérimentation de ses différents types de réactions (états du moi) lors de tension relationnelle et d'une grille en 4 étapes à travers des mises en situation professionnelles.

### 3 Awareness of others: interacting better to improve collective efficiency

- Practice active listening and reformulation
- Exploring what is implied or hidden in the relationship
- Gain a better understanding of the other person's motivations by identifying fundamental relational needs
- Maintain relationships that are more authentic and less a source of misunderstanding
- Develop greater ease in managing relational tensions

#### Hands-on work

Active listening and reformulation exercises, practiced in pairs. Group discussions on the 4 zones of self-perception, with feedback and sharing exercises. Analysis of the influence of participants' needs on their relationships and performance, with role-playing exercises.

#### 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.

#### 4 Relating to others: asserting yourself and cooperating appropriately

- Building balanced relationships without aggression or submission
- Breaking out of power games and adopting an adult stance
- Giving and receiving constructive feedback to improve cooperation
- Saying no with clarity and respect
- Develop smoother, more energy-efficient business relations

##### Hands-on work

Assertiveness exercises in pairs based on professional situations, role-play to identify and adjust relational roles, role-play to say "no" assertively and manage resistance. Building a self-coaching plan with a 360° roadmap.

#### Dates and locations

##### REMOTE CLASS

2026 : 16 Mar., 15 June, 7 Sep., 26 Nov.