

Coping with stress - ENG

2 jours - 14,00 heures

Programme de formation

Objectifs pédagogiques

Pedagogical objectives

- Understanding the process of stress and emotions, its negative effects and its beneficial effects
- Discovering your own way of dealing with stress, and that of others, in order to identify, anticipate and transform stress
- Practising and acquiring physiological, mental, cognitive and relational exercises to regulate stress and emotions

Compétences visées

- Gaining confidence, performance and well-being by connecting with yourself
- Knowing how you deal with stress, identifying and adapting to the stress of others
- Using a variety of tools to regulate stress
- Reducing and managing your overall stress level
- Finding calm, balance and perspective during and after a stressful episode

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In advance: 'My Drivers' test

Stage 1: **Understanding stress**

- The 3 phases of stress
- The benefits and dangers of stress;

Stage 2: Identifying your own sources of stress and those of others

- Table of my sources of stress
- The origin of emotions

Using the results of the 'My Drivers' test

Stage 3: Identifying and drawing on your resources

- Getting to know yourself better in order to recharge your batteries;

Stage 4: Experimenting with various stress regulation tools

- Mindfulness
- My cardiac coherence
- Visualisation dissociation association
- The ABCD cognitive method;

Stage 5: Setting limits: verbalising your emotions and needs

- Recognising your emotions
- Knowing how to set limits in response to the demands of others

Modalités pédagogiques

Educational format

On site : 1 or 2 days

Remote : 2 or 4 x 3,5 hours workshops via Teams, GoogleMeet, Zoom...

Individual coachings if needed





Moyens et supports pédagogiques

Educational resources and supports

- Slide show PPT
- Pedagogical Support
- Digital Tools (Mentimeter, Jamboard ...)
- Exercices

Modalités d'évaluation et de suivi

Evaluation and monitoring methods

- Self-positioning by participants on a digital platform shared with the trainer (at the beginning and end of the course)
- Assessment by the trainer at the end of the course
- On-the-spot assessment immediately after the course
- REX - One-hour practice-sharing workshops one or two months after the initial training course
- Post-training assessment one or two months after the course
- Performance questionnaire sent to the customer three months after the course

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