

# TRAINING

STRESS MANAGEMENT



## EDUCATIONAL GOALS

- Understanding levels and types of stress
- Identify your own stressors
- Practice breathing and relaxation techniques
- Develop assertiveness and self-esteem
- Use personal organization and priority management to minimize stressful situations

## CLASS FORMAT

Our classes are usually made up of 8 to 12 students for better individualization of learning. The International College of Cannes also offers individual courses for faster and more efficient learning.

## OUR PEDAGOGY

- Brainstorming
- Workshops
- Tests
- Scenarios
- Methodological contributions
- This training is led by a specialized trainer.

## EVALUATION

A final simulation session, using the concepts mentioned in the course

A skills assessment sheet is given to each trainee allowing them to assess their skills.

## DOCUMENTS AND MATERIALS FOR TRAINEES

Each trainee will be given a training certificate at the end of the session.

## PEDAGOGICAL SUPERVISION

The training is led by specialized trainers.

## INFORMATION

### TRAINING DURATION

14 hours over 2 days

### PUBLIC

Anyone wishing to effectively channel their stress and emotions at work.

### PREREQUISITES

No prerequisites

# TRAINING

STRESS MANAGEMENT



## OUR PROGRAM

Stress levels and factors:

- Definition, reaction and symptoms of stress (bodily, emotional, intellectual and behavioral).
- Understand reactions to stress.
- The three levels of stress: alarm, resistance, exhaustion.
- Identify your own personal and professional stressors.
- Know the stages of change and the associated stress.

Stress management techniques:

- Cognitive approach: "limiting" beliefs, injunctions and permissions.
- Emotional approach: empathy, positive grounding, visualization and respect for basic needs.
- Body approach: breathing, relaxation
- Behavioral approach: conflict management.
- Approach to relational games with the Karpman triangle: persecutor, savior and victim.

Increase resistance to stress: develop an effective strategy

- Increase self-esteem, affirmation and self-control by defining one's values, qualities and skills.
- Verbal and non-verbal communication at the service of his assertiveness.
- Understand and reposition behaviors under stress (attack, flight, withdrawal, submission and dominance).
- Identification of supports for problem solving. Prepare for confrontation.
- Improve your professional and personal organization for better management of priorities.

## START DATES

Please contact us for more details

## HOW TO ENROLL

To register, please contact our team via the contact page of our website, by email at [info@french-in-cannes.fr](mailto:info@french-in-cannes.fr) or by phone at +33 (0)4 93 47 39 29

## PRICE :

1200 Euros