

# TRAINING

## STRESS MANAGEMENT



### EDUCATIONAL GOALS

- Understand the different types and levels of stress - identify the factors that cause stress
- Focus on the causes of stress at work and identify the different types of emotions - breathing and relaxation techniques
- Develop your assertiveness and self-esteem
- Learn how to organise your priority in order to minimize stressful situations

### TEACHING METHODS

Theoretical and practical teaching elements

Dynamic animations - workshops / role play / brainstorming

### PROGRAM

- Customised programs accordingly to the participant's need
- Personal analysis in order to know how you deal with time management
- Organise your time - your priority and tasks in accordance with the deadlines
- Learn how to optimise your time
- Learn how to correctly use the resources you have at your disposal
- Learn how to delegate

### EVALUATION

A session of role-play exercises during which the participant has to recall the concepts that have been learned throughout the training.

### PEDAGOGICAL SUPPORT

Training evaluation will be assessed by specialized trainers.

### DOCUMENTS AND MATERIAL FOR TRAINEES

A training certificate together with an evaluation form listing the competences acquired throughout the training will be given to the trainee

### PRICES

OPCO

ON DEMAND

Self-financing

1 200 €

### DURATION

14 hours spread  
on 2 days

### PUBLIC

Anyone above 18  
years old

### PRE-REQUISITES

- French level B1

### STARTING DATE

Open all year long -  
please reach out to  
us for more details

### ENROLLMENT PROCEDURE

Contact our team

- on our contact page
- by email :  
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