

Managing stress and emotions related to mobility

GENERAL AIM OF THE TRAINING

Being able to face any situation linked to mobility with hindsight and relativity

PROGRAMME

Defining stress and understanding its mechanisms

From an initial personal evaluation:

- Defining and understanding the mechanisms of negative / positive stress
- Analysing and assessing your own stress in a case of mobility
- Understanding the different types of stress in face of cultural and environmental changes

Identifying the symptoms and the causes of stress and emotions

- Understanding the General Adaptation Syndrome (GAS)
- Identifying stress reactions on a physiological, psychological and behavioural level
- Analysing stress in the professional and personal environment before or after departure

Improving your attitude and using your stress in a positive way

- What is the emotional quotient? Understanding your own emotions
- Completing your own functional analysis and identifying your own « stressors » linked to mobility
- Adopting the right anti-stress strategy for situations of geographical and cultural transition

Developing your own anti-stress strategy through anchoring and visualisation techniques

- Being aware of your own behaviour
- Teaching yourself to practice anchoring exercises
- Practicing positive visualisation
- Maintain your emotional balance by adopting the refocussing break

Putting in place a personalised action plan

TARGET AUDIENCE

All

PREREQUISITE

No degree or certificate required

MODALITIES

Inter-company training:

Organisation: 4 to 8 participants.

Modality: online training.

Language: French.

Duration: 7 hours (1 day)

Dates: contact us

Inter-company fees: €900 VAT not incl. per person, personal interview not included

Accessibility: online training, accessible to people with disabilities.

Access time after registration: 1 month.

Educational means: Alternative theoretical and practical means with case studies and analysis tools.

Assessment: tests and quizzes throughout the training.

Intra-company training:

Organisation: private or group course.

Modality: online training.

Language: French.

Duration: 7 hours (1 day)

Intra-company fees: personalised quotation upon request.

Contact us.

Accessibility: online training, accessible to people with disabilities.

Access time after registration: 1 month.

Educational means: Alternative theoretical and practical means with case studies and analysis tools.

Assessment: tests and quizzes throughout the training.