

Optimize Your Stress Management

Description

Work-related stress directly affects performance, motivation, and mental health. When it becomes chronic, it disrupts focus, reduces decision-making ability, and may lead to gradual burnout. However, effective stress management helps restore balance and improve adaptability in the workplace. This stress management training provides a practical approach to understand your reactions under pressure and transform them into positive energy. You will discover proven methods to preserve your well-being while maintaining productivity. This program is ideal for anyone searching how to manage stress or how to manage stress at work in a sustainable and effective way, particularly in a professional environment such as stress management.

Understanding the real impact of stress

This stress management course uses real workplace scenarios to identify the root causes of pressure and their physical, emotional, and cognitive effects. You will learn how to detect early warning signs and analyze automatic thoughts. This approach enables immediate awareness and supports preventive action rather than reactive responses. The goal is not to eliminate stress completely, but to use it constructively. By attending this stress management training, you will develop tools that enhance resilience and promote long-term professional well-being.

Course Content

Module 1: Analysis of professional stressors

- Identify stress factors related to the work environment
- Understand personal reactions to constraints
- Analyze the impact of stressors on efficiency

Module 2: Stress mechanisms

- Physiological functioning of stress
- Cognitive and emotional consequences
- Difference between acute and chronic stress

Module 3: Sources of stress and warning signs

- Identify internal and external sources of stress
- Recognize physical and mental warning signs
- Understand the link between stress and performance

Module 4: Short- and long-term management strategies

- Techniques to manage immediate stress
- Preventive long-term actions
- Adopt a proactive mindset when facing challenges

Module 5: Relaxation and refocusing techniques

- Diaphragmatic breathing and cardiac coherence

- Muscle relaxation and mental visualization
- Emotional refocusing exercises

Module 6: Organizational and prioritization tools

- Structure activities to reduce mental load
- Use efficient prioritization methods
- Optimize time and task management

Module 7: Resilience approaches

- Strengthen adaptability skills
- Learn how to recover after periods of tension
- Develop a constructive attitude towards unexpected events

Module 8: Habits for sustainable balance

- Incorporate daily well-being routines
- Maintain physical and mental energy
- Create a personal plan to preserve long-term balance

Lab / Exercises

- This course provides you with exclusive access to the official Microsoft lab, enabling you to practice your skills in a professional environment.

Documentation

- Digital course materials included

Participant profiles

- Employees wishing to improve their well-being at work
- Managers facing high-pressure situations
- Professionals in career transition or development
- Individuals looking to strengthen their personal and professional balance

Prerequisites

- No specific prior knowledge required
- Be exposed to professional situations that create pressure
- Have the motivation to improve emotional self-management

Objectives

- Identify your sources of stress and recognize your personal warning signs.
- Understand the mechanisms of stress and their impact on performance.
- Develop strategies to manage pressure and maintain balance.
- Practice practical techniques for relaxation, breathing, and refocusing.
- Strengthen your resilience when facing unexpected or challenging situations.
- Establish sustainable habits to preserve your energy and well-being.

Description

Stress Management Training – Optimise Your Stress Management

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Fondamental

Classroom Registration Price (CHF)

800

Virtual Classroom Registration Price (CHF)

800

Duration (in Days)

1

Reference

ORG-OGS