Managing stress to prevent burnout

Description

How to deal with pressure on a daily basis, how to optimize your stress management in order to prevent burnout?

Stress is a biological mechanism that causes positive or negative reactions on our bodies. Some people stress their ally while others slip without even knowing it towards burnout.

This training gives us the opportunity to question our relationship to stress and work, to identify our own stressors, to identify red flags and to optimize our stress management on a daily basis and in extraordinary situations.

From becoming aware of stressors and stress levels, to implementing measures to prevent and manage stress, we will discuss methods, tools and tips for optimizing stress management in a professional context.

Classroom Registration Price (CHF)
800
Virtual Classroom Registration Price (CHF)
800
Course Content

- The identification of stress, its functioning and its mechanisms, with contributions from neuroscience
- Methods, techniques and tools to optimize stress management
- The role of the manager in managing team stress
- Burnout: how to prevent it
- Identification of stress levels and signals and alerts

Lab / Exercises

- Self-assess your relationship to stress and its triggers
- Integrate stress prevention and management into your daily life and that of your teams
- Master methods, techniques and tools to better manage stress
- Use resources to prevent burnout

Documentation

- Digital courseware included

Participant profiles

- Any employee or manager wishing to develop their stress management and prevent burnout

Prerequisites

- No prerequisites

Objectives

- Analyze the functioning and the impacts of stress on your body

- Identify its relationship to stress, its levers and brakes on stress
- Develop your ability to recognize and regulate your stress levels
- Optimizing emotional management in stressful situations
- Recognize burnout and its consequences in professional situations

Niveau
Fondamental
Duration (in Days)
1
Reference
ORG-STRS