

PERSONAL, PROFESSIONAL AND ORGANISATIONAL
SKILLS DEVELOPMENT WORKSHOP

Mastering Stress at Work

"Living under pressure" doesn't mean "living without pressure." Pressure at work isn't harmful if you can control it.

Failure because of stress isn't shameful, but succeeding despite stress is a lot more impressive.

Stress is a state of physiological tension resulting from the observation of a non-integrated situation in your life. You choose your own state of mind.

To have a good life at work, you have to admit to the existence of pressure, seek to recognize its manifestations and not let yourself be influenced by the discomfort that others may experience.

Stress is a reaction that puts the whole body in motion once it has been perceived; it's the result of thousands of years of evolution to adapt and survive. This mechanism is triggered by any new situation whose outcome is unknown and generates fear; the whole body is alerted and goes into fight or flight.

Uncontrolled stress is the cause of strong emotional reactions and inappropriate behaviour; it disrupts emotional balance and contributes to burnout.

Can you master your states of mind?

Yes, you can, thanks to the balance gained from the judicious use of the four personality components.

This development workshop is based on the concept of personality dynamics.



Targeted Outcomes

- » Discovery of the influence of behaviours on personal well-being.
- » Identification of ways to increase the mastering of moods.
- » Development of techniques and attitudes for reducing harmful stress and increasing good mental health.

Elements of Content

- » Personality dynamics
- » The weaknesses of the personalities
- » How to defuse this malaise?
- » Ways to counter these weaknesses
- » Harmful emotions
- » The origin of emotions
- » A simple yet common story
- » Emotionality and effectiveness
- » Anger
- » Guilt
- » Fear
- » Reducing worries
- » Are you anxious?
- » Because of others
- » A calm and soothing presence
- » Personality dynamics and exhaustion
- » The risks of exhaustion
- » Good mental health
- » "It had to be done, period!"
- » The state of your own mental health
- » Controlled stress
- » The anti-stress commandments
- » Checking your habits
- » Strategies to find balance
- » My relaxation methods

Material and Methodology

Participants are given a workbook containing:

- » brief thematic presentations;
- » exercises with supplementary explanations;
- » mini-case studies and incidents analysis;
- » self-evaluation questionnaires;
- » sharing in plenary meetings;
- » evaluation forms.

This 2 non consecutive days workshop include personal questionings, situation simulation exercises and exchanges done in the most respectful, open and listening climate.

Implementation Methods

This program can be tailored to meet individual as well as collective needs.

The program can be provided in businesses or for business groups according to a specific set schedule.

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