

STRESS PREVENTION

AND RESIST PRESSURE

Length:	12 days
Place:	your site
Calendar:	TBA
Group size:	5 to 15
Language:	English
Audience:	All concerned doctoral students
Instructors:	Laurence Moss, Marine Pansu

Objectives

- Examine the functions and mechanisms of stress
- Identify and manage sources of tension and aggression
- Discover personal resources
- Assert yourself appropriately
- Promote positive interpersonal communication
- Acquire methods, techniques and strategies
- Adopt positive attitudes
- Promote cooperation

Pedagogical tools

- Personal reflection
- Exercises and role plays
- Theoretical and methodological contributions
- Concrete situations based on real cases experienced by the participants.

STRESS PREVENTION

Program

(modifiable according to the number of enrollees)

1- DEVELOPING KNOWLEDGE OF YOURSELF AND OTHERS

Situational awareness:

- Identifying your values and emotions
- Enhancing your image
- Recognizing others' values and emotions

2- PREVENTING STRESS: CREATING PEACEFUL SITUATIONS

Personal commitment:

- Identifying the origins, mechanisms and consequences of stress
- Setting your priorities
- Developing relationships of trust
- Structuring your personal and professional environment
- Mastering your communication

3- REACTING TO STRESS

Personal response to external elements:

- Identifying personal and external factors
- Managing your priorities
- Mastering your emotions
- Adapting your behaviors

4- REACTING TO CONFLICT

Dealing with situations of interpersonal conflict

- Understanding relational behaviors
- Identifying the causes of conflict
- Approaching conflictual situations
- Expressing your emotions and needs
- Adopting assertive behaviors
- Communicating without violence
- Applying trends in interpersonal reactions: transactional analysis, NLP, active listening, emotional intelligence...
- Using measures appropriate to a professional environment

Developing concrete action programs for reducing and eliminating stress