

# Stress management

Length :	2 days
Venue :	Your facilities/Online
Calendar:	TBA
Group size:	5 to 15 persons
Public:	Ph.D students
Trainers :	Laurence Moss, Marine Pansu

This course enables you to step back and take a closer look at blockages and sources of stress.

## Overall pedagogical objective

Identify sources of stress; discover and appropriate tools for your personal situation

## Specific pedagogical objectives

- Learn to identify sources of stress
- Analyze the source of stress and break it down
- Learn to look at stress differently
- Identify relevant tools to help yourself
- Use stress as a driving force
- Communicate better to avoid stress

## Pedagogical method

We offer a participative training approach that allows everyone to express themselves and share their experiences. In this way, doctoral students can discuss their practices and find answers to their specific problems.

## Programme

- Personal and collective assessment of sources of stress
- Stress: its biology and impact
- Learning to recognize and set limits
- Introduction to non-violent communication
- Anger management
- Ikigai
- Deep breathing
- Role-playing