



Edopus

CERTIFICATION "REGULATE STRESS IN PROFESSIONAL SITUATIONS"

Delivered by Work and Learn and Edopus

Accessible through hybrid and flexible training

3 hours over 2 weeks

24/7 connection

180 € HT / registrant

Objectives of certification

Main skills targeted by our certification:

- Take a step back from your own behavior under stress
- Identify the source of your stress
- Know your action strategies
- Regulate stress

Public of the certification

This certification is aimed at all professionals from the employee to the manager and for example: executives, employees, managers, sales representatives of small and large companies in industry and services etc.

Sectors concerned for example: banking, insurance, oil industry, IT, occupational health service, spirits etc.

Usefulness of certification

The "Regulate stress in professional situations" certification allows professionals to regulate their own stress in professional situations such as meeting deadlines, presentation in meetings, group animation projects, team management, company management, relationships clients, user relationship, helping relationship, etc., likely to generate intra and interpersonal stress, in order to reduce the risk, improve working conditions, relationships and the efficiency of people and teams.

Prerequisites to access the certification

Follow the training entitled "Regulate stress in professional situations" offered by Work and Learn and Edopus.

No prerequisite is necessary to follow this training. The course can also be translated in English.



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Strengths of the training

- Take a step back from your own behavior under stress;
- Identify the source of your stress
- Know your action strategies
- Regulate stress

Program

Take a step back from your own behavior under stress

- Analyze the biological process of stress by identifying its stressors at work (conflicts, changes, overwork, etc.) to take a step back and reduce the impact of stress on his work and that of those around him.

Identify the source of your stress

- Identify the psychological and neuropsychological mechanisms for responding to stressful situations, understanding stressors, related past situations, associated emotions and other stressors that arise in your professional life.

Know your action strategies

- Analyze the perception of a situation that is a source of stress to develop your own stress regulation strategy and deal with professional pressures in other ways.

Regulate your stress

- Regulate your stress so as not to let yourself be paralyzed by stress by putting the energy produced by stress at the service of your action and capitalizing on your experience to put stress at the service of its effectiveness.

Final certification validation test

- Evaluate your skills throughout the training, and via the validation test taking place at the end of the training before a jury.