



Objectives

How to keep all one's means when faced with a situation that is a priori stressful? Faced with the challenges and issues we all face, let's acquire or develop tools that will help us find a positive outcome. We will learn to mobilise ourselves, not only by maintaining all our capacities, but also by developing our authenticity, our assertiveness, our relational qualities and our capacity to adapt.

Modality

Language : English, B1 level minimum

Target Audience : PhD students (any year)

Prerequisite : None.

Modality : Distance learning, videoconference

Trainer : Franck RAINAUT, Professional Certified Coach, ICF Member, communication trainer, creative Team-Building organizer

Duration : 14 hours (2 days)

Maximum number of participants : 12

Validation : 1 module

Register in ADUM here

Content

Introduction

Presentation of the training. Inclusion
Self-diagnosis to identify the main sources of stress.
First tools to manage stress.

Presence and awareness

Learning to be present, to be aware of your body, your emotional states and the states of others
Develop listening skills
Understanding the mechanisms of stress
Prioritizing issues and knowing how to prioritize, refocusing on what makes sense

Energy and emotion management

From concentration to attention.
Integrating relaxation and self-relaxation techniques
Integrating breathing techniques
Acting on thoughts and perceptions to act on emotions. Visualization

Developing self-confidence

Working on a fair self-esteem

Knowing how to use one's qualities and assets in managing stress
Developing a positive relationship with challenges
Developing interpersonal skills
Dare to say, to assert oneself with kindness. Assertiveness
Discovering non-violent communication (NVC) and positive communication

