Managing stress and maintaining balance

Duration: 1 day
Audience: Pour tous

Who is this training for?

For everyone.

Training objectives

- Recognize the manifestations of stress and its main triggers.
- Understand the mechanisms of stress and its impacts on physical and psychological health.
- Acquire tool behaviours to increase one's ability to manage stress and increase resilience.
- Optimize your concentration and the management of your priorities

Summary

Understand stress and its mechanisms and act to maintain balance. This training is offered in French or English (EN).

Course outline

What is stress

- Definition of stress
- Understanding stress (its mechanics)
- The principle of resistance to stress
- Why you should be concerned about stress (some statistics)

The principle of resonance with stress

- The symptoms and consequences of stress
- Identifying the signals of stress : physical, motivational, intellectual, psychological and relational.
- Identify the consequences of stress on physical health, psychological health and professional life.
- Understanding the impact of chronic stress

Copyright © 2026 AFI by Edgenda inc.

Taming your stress

- Taming your stress in 3 steps
- Preconceptions of stress: a question of "mindset"

Tips and tricks to act on your stress

- 8 tips and tricks to act on your stress
- Experimentation with certain breathing and/or meditation techniques
- The equation of maximum and sustainable performance

Stress and work

- Fragmented attention and surface work
- Cognitive engagement and its impact
- The Structured hybrid work mode
- Managing priorities and contingencies

Approach and methodology

- Interactive lectures to understand key concepts related to stress and its mechanisms.
- Demonstrations and explanations of concrete tools to promote stress management on a daily basis.
- Practical exercises and experiments (e.g. breathing techniques, meditation) to promote the integration of learning.
- Individual reflections and group exchanges in order to make connections with one's professional reality.
- Case studies and scenarios to apply the strategies in real-world contexts.

Recommendations

Be open to thinking about one's own sources of stress Actively participate in exercises (self-diagnoses, reflections)

Copyright © 2026 AFI by Edgenda inc.