



# Course Outline

## Emotional Intelligence and Stress Management

### DETAILED DESCRIPTION



**Approach:** flexible – you can select 1 or more workshops

**Main Objective:** to increase your ability to self-manage your emotions (including your stress) and to interact fluidly with others, particularly in the context of a pandemic

### LENGTH

By training module

- Virtual : 2 hours (no break)
- Onsite : ½ day

### GROUP SIZE

- Ideally : 1 to 12 participants
- This can be adapted to your needs

### LANGUAGES

- French
- English

<b>Manage your emotions in the action</b>	<ul style="list-style-type: none"><li>• (Re) visit the keys to emotional intelligence</li><li>• Use the tools to decode your emotions in real time</li><li>• Manage your emotions through internal dialogues</li></ul>
<b>Manage your stress and that of your team</b>	<ul style="list-style-type: none"><li>• Become familiar with the mechanisms that generate intense emotions, especially stress</li><li>• Get the tools to regulate your behavior</li><li>• Agree on a team strategy to navigate difficult situations</li></ul>
<b>Interact with emotional people</b>	<ul style="list-style-type: none"><li>• Connect and decode the emotions of others</li><li>• Perceive verbal and non-verbal cues</li><li>• Use the tools to contribute constructively to emotional discussions and prevent conflicts</li></ul>

### ANIMATION

Our training courses are appreciated for their dynamism and their participatory aspect. They focus on capsules (presentation of tools), guided discussions and team challenges.

Carried out using all available virtual tools (including sub-groups), our trainings are designed to keep participants in the action.

The dynamism of our workshops is ensured by the variety of animation techniques used: simulation, exchange of ideas, viewing of videos, “virtual” demonstration, reflective activity, self-diagnosis and team mission in sub-groups (to distance).



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