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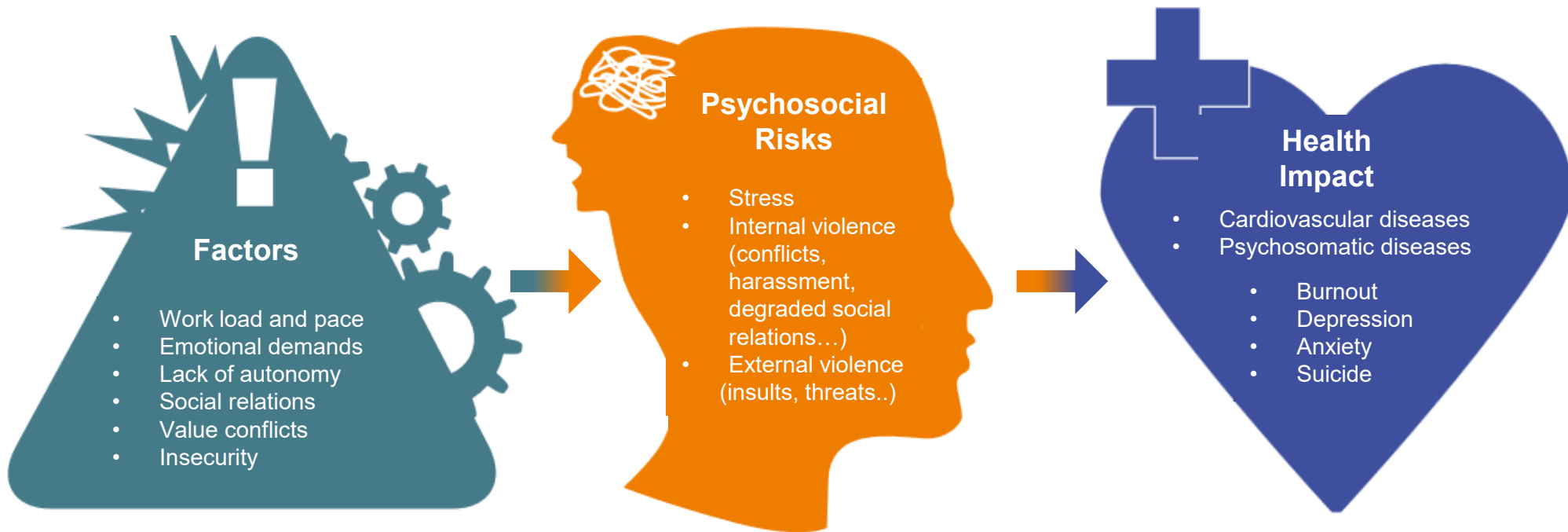
Certified Professional Coach
PsychoSocial Risks specialization
Career coaching
Team coaching

**PSR Seminar
Workshops**
(French-English)



Psycho Social risk

What is it ?



A psychosocial risk is an adverse workplace interaction or condition of work that compromises your health and wellbeing.

Why PSR seminar and workshop?

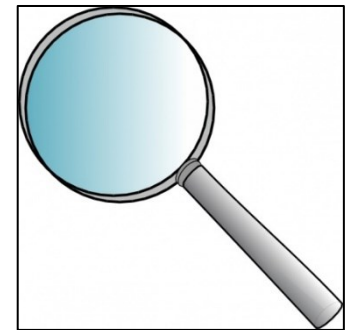
To inform



To prevent



To detect



To provide tools



Well being



Content of the PSR Seminar

2nd Semester



1 What does PSR include ?

2 The Risks Factors

3 Recognize the signs and symptoms

4 How to prevent the risks

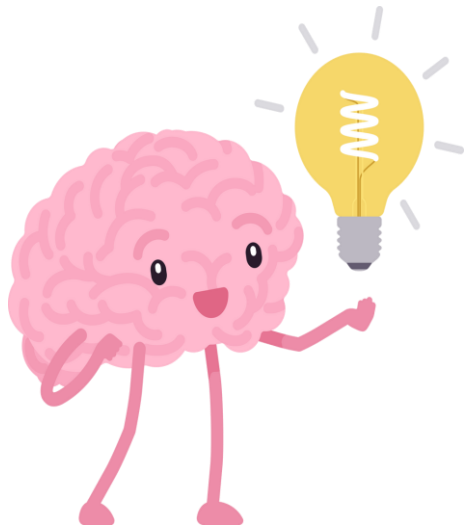
Recognition, Motivation, Autonomy, Work load, Work pace, Conflict value, Relationship.
Physical and Mental Health Symptoms
Complement of “Act against SSV” training

Workshops

2nd Semester

Under registration

At least 10 pers.



Concrete solutions and tools to prevent or to solve problematic situations

1

Effective communication

Active listening, Reformulation, Questioning, DESC Method.

2

Into a more relaxed PhD

Family stressors, Self-confidence, Drivers, Emotions, Breathing Technics and NLP tools.

3

Time management

Setting boundaries, Drivers, Assertiveness, Organization tools.

4

Conflict management

Life position, Identify and Defuse Psychological Games, NVC and NLP technics.

