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PSR Seminar Workshops
(French-English)
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.