

# Workshops & Trainings



STIMULUS helps you prevent psychosocial risks and foster well-being in the workplace

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# TRAININGS

## TAILORED TO YOUR NEEDS



### International Market Launch

With our network of globally active teams and skilled partners, we are able to successfully implement international projects.

We tailor content to local languages and cultures, ensuring an optimal learning experience and a unified knowledge base across your organization.

Our dedicated team supports you throughout all stages of the project, from educational planning to implementation in every country.



### Accessible, Barrier-Free Design

We are committed to making all of our training programs accessible.

Each of our online courses can be live-transcribed to accommodate individuals with hearing impairments or diverse language backgrounds.

If you or other participants require additional support, please inform us during registration, and we will do everything we can to ensure the training is tailored to your needs.



### Customizable Formats and Content

Our experts are ready to customize the training you select to meet the specific needs of you and your teams. Whether it's the content or the format, each course can be tailored according to your exact requirements.



### Expertise For You

All of our trainers possess extensive expertise in pedagogy, psychology, and/or health sciences, and they regularly undergo further training in these fields. This enables us to maintain the highest standards of quality in all our training programs.

# AN OFFER FOR YOU:

## REAL LEARNING EXPERIENCES

### OUR APPROACH TO EFFECTIVE TRAININGS AND WORKSHOPS

Our training programs have a clear objective: to translate knowledge into lasting behavioral changes. We leverage proven learning theories that demonstrate content retention is enhanced through practice and repetition, and that the application of knowledge is key to success.

### TRAINING FORMATS AT A GLANCE:

**Webinars:** Compact knowledge delivery featuring interactive elements such as Q&A sessions and brief exercises. Perfect as an introduction to specific topics or as a source of inspiration.

**Compact Workshops:** In-depth sessions focused on practical learning. Participants analyze, reflect, and develop solutions for specific challenges.

**Intensive Workshops:** High-impact formats offering ample time for deep reflection, extensive role-playing, and experimentation to solidify new behaviors.

**Group Coaching:** Ongoing support for small groups over several weeks or months. The focus is on individual growth and integrating the learned concepts into daily work life.

### OUR TEACHING APPROACH:

**Pragmatic Problem Solving:** Each training is centered around addressing specific workplace challenges, providing hands-on tools that participants can immediately apply.

**Learning through Experience:** Interactive methods such as role-plays, debates, experiments, and gamification foster a deeper understanding of personal behavior patterns and the development of new approaches.

**Cultural Change over Individual Measures:** Our ultimate goal is to establish ways of thinking and behaving that strengthen not only individuals but the entire organization.

With our flexible and multicultural approach, we offer both online and in-person training, tailored to your industry and company needs.

# Experts in Workplace Mental Health

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Building on our scientific approach, our mission focuses on two key objectives: preventing psychosocial risks and promoting well-being in the workplace. This enables companies and organizations to address both the economic and human challenges they face.

# Effective Communication in the Workplace





ALL EMPLOYEES

## Resolving Conflicts through Effective Communication

### LEARNING OBJECTIVES

- Understand how communication functions in everyday life and within a company, and identify potential challenges
- Recognize the role of one's own attitude in communication and conflict situations
- Learn about potential conflict triggers and explore effective conflict management strategies

### APPLIED METHODS

- Theoretical input
- Interactive learning activities: role-playing, case studies, learning games, interactive platforms, and videos

### ACCESSIBILITY AND FORMAT

- Interactive in-person or online format
- The program and learning objectives are tailored based on the selected format

#### WORKSHOP

- 8 to 10 participants
- Compact: max. half day
- Intensive: one or more days

#### WEBINAR

- Max. 500 participants
- 1 to 1.5 hours

#### GROUP COACHING

- Max. 12 participants
- Multiple sessions, 1 to 2 hours each



## MANAGERS

# Recognizing and Addressing Employees in Difficulty

### LEARNING OBJECTIVES

- Understand the impact that employees facing difficulties can have on the entire team and your role as a manager
- Learn to identify signs and changes in employees
- Practice how care and performance discussions can help foster a positive development of the situation

### APPLIED METHODS

- Theoretical input
- Interactive learning activities: role-playing, case studies, learning games, interactive platforms, and videos

### WORKSHOP

- 8 to 10 participants
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### ACCESSIBILITY AND FORMAT

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## MANAGERS

# Caring Conversations: Empathic Communication While Maintaining Professional Boundaries

### LEARNING OBJECTIVES

- Master empathic conversation techniques
- Develop an attentive and supportive attitude
- Maintain professional boundaries

### APPLIED METHODS

- Theoretical input
- Interactive learning activities: role-playing, case studies, learning games, interactive platforms, and videos

### WORKSHOP

- 8 to 10 participants
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### ACCESSIBILITY AND FORMAT

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## MANAGERS

# Navigating Difficult Conversations – Confrontation in Conversation

### LEARNING OBJECTIVES

- Understand the key elements for successfully confronting in a conversation and how to achieve them
- Learn the basics of effective communication
- Manage emotions and feelings during confrontations
- Prepare for difficult conversations

### APPLIED METHODS

- Theoretical input
- Interactive learning activities: role-playing, case studies, learning games, interactive platforms, and videos

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ALL EMPLOYEES

## Successfully Giving and Receiving Feedback

### LEARNING OBJECTIVES

- Reflect on your personal relationship with criticism
- Learn how to handle feedback productively and confidently
- Understand how to give both positive and negative feedback

### APPLIED METHODS

- Theoretical input
- Interactive learning activities: role-playing, case studies, learning games, interactive platforms, and videos

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ALL EMPLOYEES

## Preventing Violence

### LEARNING OBJECTIVES

- Recognize escalation-promoting circumstances and behaviors from a neurobiological perspective
- Understand the stages of escalation and violence
- Learn de-escalating behaviors

### APPLIED METHODS

- Theoretical input
- Interactive learning activities: role-playing, case studies, learning games, interactive platforms, and videos

### WORKSHOP

- 8 to 10 participants
- Compact: max. half day
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### ACCESSIBILITY AND FORMAT

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# Successfully Managing Change in the Workplace



## MANAGERS

# Leading Through Transitions

### LEARNING OBJECTIVES

- Acquire the essential knowledge and skills to effectively guide employees through transitional phases
- Understand why change induces stress and recognize the challenges that may arise during transitions
- Learn how to provide meaningful support to teams throughout the change process

### APPLIED METHODS

- Theoretical input
- Interactive learning activities: role-playing, case studies, learning games, interactive platforms, and videos

### ACCESSIBILITY AND FORMAT

- Interactive in-person or online format
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ALL EMPLOYEES

## Small Steps Towards Big Changes

### LEARNING OBJECTIVES

- Understand how to set and achieve successful goals
- Learn the steps for establishing lasting new habits
- Reflect on how to navigate challenges during change processes

### APPLIED METHODS

- Theoretical input
- Interactive learning activities: role-playing, case studies, learning games, interactive platforms, and videos

### ACCESSIBILITY AND FORMAT

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ALL EMPLOYEES

## Coping with Change

### LEARNING OBJECTIVES

- Recognize both the challenges and positive aspects of change
- Understand the psychological and emotional impacts of change
- Take proactive measures to approach changes with calm and confidence

### APPLIED METHODS

- Theoretical input
- Interactive learning activities: role-playing, case studies, learning games, interactive platforms, and videos

### ACCESSIBILITY AND FORMAT

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ALL EMPLOYEES

## Adaptability in an Ever-Changing World

### LEARNING OBJECTIVES

- Understand what adaptability means and how it can enhance personal well-being
- Recognize the importance of self-efficacy during times of change
- Identify steps to increase your own adaptability and resilience

### APPLIED METHODS

- Theoretical input
- Interactive learning activities: Q&A, short exercises, and interactive platforms

### WEBINAR

- Max. 500 participants
- 1 to 1.5 hours

### ACCESSIBILITY AND FORMAT

- Interactive online format
- The program and methods are adapted based on the timeframe

# Protecting Mental Health in the Workplace



ALL EMPLOYEES and MANAGERS

## Mental Health

### LEARNING OBJECTIVES

- Understand what mental health means and how to identify signs of mental stress
- Explore protective factors that help maintain mental well-being
- Overcome uncertainties when interacting with individuals experiencing mental stress

### APPLIED METHODS

- Theoretical input
- Interactive learning activities: role-playing, case studies, learning games, interactive platforms, and videos

### ACCESSIBILITY AND FORMAT

- Interactive in-person or online format
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ALL EMPLOYEES

## Burnout: An Overlooked Risk

### LEARNING OBJECTIVES

- Understand what burnout is and the factors that contribute to its development
- Learn the importance of timely recovery and regeneration
- Explore strategies for burnout prevention

### APPLIED METHODS

- Theoretical input
- Interactive learning activities: role-playing, case studies, learning games, interactive platforms, and videos

### ACCESSIBILITY AND FORMAT

- Interactive in-person or online format
- The program and learning objectives are tailored based on the selected format

#### WORKSHOP

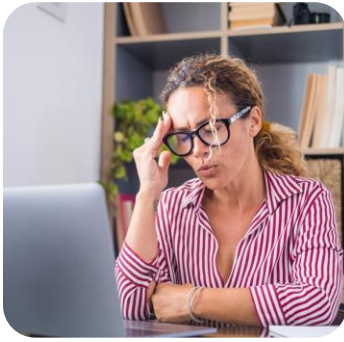
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#### GROUP COACHING

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ALL EMPLOYEES

## Coping with Stress

### LEARNING OBJECTIVES

- Comprehend what stress is and when it becomes chronic
- Reflect on your personal stress responses
- Discover resilient strategies for managing stressors effectively

### APPLIED METHODS

- Theoretical input
- Interactive learning activities: role-playing, case studies, learning games, interactive platforms, and videos

### ACCESSIBILITY AND FORMAT

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ALL EMPLOYEES

## Resilience

### LEARNING OBJECTIVES

- Understand the concept of resilience
- Recognize stress and stress symptoms within yourself
- Identify strengthening resources and learn how to nurture your own sources of strength

### APPLIED METHODS

- Theoretical input
- Interactive learning activities: role-playing, case studies, learning games, interactive platforms, and videos

### ACCESSIBILITY AND FORMAT

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#### WORKSHOP

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ALL EMPLOYEES

## Mindful Living: Techniques to Calm Your Mind and Boost Well-Being

### LEARNING OBJECTIVES

- Understand what mindfulness is and the benefits of mindfulness practice
- Explore various forms of mindfulness techniques
- Learn how to integrate mindfulness into daily life

### APPLIED METHODS

- Theoretical input
- Interactive learning activities: role-playing, case studies, learning games, interactive platforms, and videos

### ACCESSIBILITY AND FORMAT

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## MANAGERS

# Balanced Leadership – Effective Stress and Load Management

### LEARNING OBJECTIVES

- Apply training theory principles to understand what to consider when training yourself and your team
- Understand the importance of recovery and other health factors for sustainable performance

### APPLIED METHODS

- Theoretical input
- Interactive learning activities: role-playing, case studies, learning games, interactive platforms, and videos

### ACCESSIBILITY AND FORMAT

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ALL EMPLOYEES

## Effective Regeneration

### LEARNING OBJECTIVES

- Learn about different areas of regeneration
- Identify areas where you personally need more recovery and how to achieve it effectively

### APPLIED METHODS

- Theoretical input
- Interactive learning activities: role-playing, case studies, learning games, interactive platforms, and videos

### WORKSHOP

- 8 to 10 participants
- Compact: max. half day
- Intensive: one or more days

### ACCESSIBILITY AND FORMAT

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ALL EMPLOYEES

## Keeping Your Life in Balance

### LEARNING OBJECTIVES

- Recognize signs of imbalance in your life
- Learn strategies to create balance across various life areas
- Understand your individual energy sources and energy drains

### APPLIED METHODS

- Theoretical input
- Interactive learning activities: role-playing, case studies, learning games, interactive platforms, and videos

### ACCESSIBILITY AND FORMAT

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ALL EMPLOYEES

## Managing Emotions

### LEARNING OBJECTIVES

- Understand how emotions arise and their significance
- Discover short-term methods for regulating emotions to avoid involuntary reactions
- Learn how to manage emotions constructively and autonomously in the long term

### APPLIED METHODS

- Theoretical input
- Interactive learning activities: role-playing, case studies, learning games, interactive platforms, and videos

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## Self-Care – Taking Ownership of Your Own Well-Being

### LEARNING OBJECTIVES

- Recognize the connection between personal responsibility and self-care
- Explore the four areas of regeneration and the four basic psychological needs
- Understand what you need to thrive and maintain well-being

### APPLIED METHODS

- Theoretical input
- Interactive learning activities: role-playing, case studies, learning games, interactive platforms, and videos

### ACCESSIBILITY AND FORMAT

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ALL EMPLOYEES

## Self-Awareness Over External Validation

### LEARNING OBJECTIVES

- Learn how inner security can be strengthened through trust in your own self awareness
- Discover strategies for fostering greater inner security
- Reflect on how to confidently build self-assurance to tackle challenges independently

### APPLIED METHODS

- Theoretical input
- Interactive learning activities: role-playing, case studies, learning games, interactive platforms, and videos

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ALL EMPLOYEES

## Breaking Through Mental Blockages

### LEARNING OBJECTIVES

- Identify possible causes of inner blockages
- Discover new perspectives and clarify needs
- Learn a toolbox of techniques to effectively resolve blockages

### APPLIED METHODS

- Theoretical input
- Interactive learning activities: role-playing, case studies, learning games, interactive platforms, and videos

### ACCESSIBILITY AND FORMAT

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ALL EMPLOYEES

## Healthy Boundaries at Work

### LEARNING OBJECTIVES

- Understand the importance of healthy boundaries and why they can be challenging
- Learn strategies for managing criticism and anger
- Explore techniques for setting and maintaining boundaries with ease

### APPLIED METHODS

- Theoretical input
- Interactive learning activities: role-playing, case studies, learning games, interactive platforms, and videos

### ACCESSIBILITY AND FORMAT

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ALL EMPLOYEES and MANAGERS

## Pleasure or Addiction?

### LEARNING OBJECTIVES

- Understand what addiction is and how to recognize it
- Learn why it's important not to ignore addiction problems in the workplace
- Develop strategies for addressing addiction issues with affected individuals and managing your own behavior

### APPLIED METHODS

- Theoretical input
- Interactive learning activities: role-playing, case studies, learning games, interactive platforms, and videos

### ACCESSIBILITY AND FORMAT

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ALL EMPLOYEES and MANAGERS

## Cannabis: Breaking Down the Basics

### LEARNING OBJECTIVES

- Understand what cannabis is and its potential effects
- Learn when cannabis consumption becomes problematic and how addiction can develop
- Explore available support options both within the workplace and externally

### APPLIED METHODS

- Theoretical input
- Interactive learning activities: role-playing, case studies, learning games, interactive platforms, and videos

### ACCESSIBILITY AND FORMAT

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ALL EMPLOYEES

## Coping with Uncertainty and Fears

### LEARNING OBJECTIVES

- Understand the underlying causes of insecurity and fear
- Recognize when fears are helpful and when they become obstacles
- Learn effective strategies for managing insecurity and fear

### APPLIED METHODS

- Theoretical input
- Interactive learning activities: role-playing, case studies, learning games, interactive platforms, and videos

### ACCESSIBILITY AND FORMAT

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ALL EMPLOYEES

## Availability and Digital Stress

### LEARNING OBJECTIVES

- Understand what digital stress is and the factors that contribute to it
- Explore the five key paths to well-being in the digital age
- Learn strategies to minimize the negative effects of digital stress and enhance the positive aspects of digital media

### APPLIED METHODS

- Theoretical input
- Interactive learning activities: role-playing, case studies, learning games, interactive platforms, and videos

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ALL EMPLOYEES

## Mental Time Off – Psychological Detachment From Work

### LEARNING OBJECTIVES

- Learn how stress and repetitive thoughts impact both the mind and body, and the vital role of breaks
- Identify personal drivers and sources of stress
- Explore strategies for cultivating more calm and peace in your daily life

### APPLIED METHODS

- Theoretical input
- Interactive learning activities: role-playing, case studies, learning games, interactive platforms, and videos

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ALL EMPLOYEES

## What is Happiness? – What Can Boost or Prevent It

### LEARNING OBJECTIVES

- Discover the various dimensions of happiness
- Identify your personal "happiness boosters"
- Learn practical tips to approach life's challenges with a positive and resilient mindset

### APPLIED METHODS

- Theoretical input
- Interactive learning activities: role-playing, case studies, learning games, interactive platforms, and videos

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ALL EMPLOYEES

## How Can I Find My Flow? - Boosting Energy and Joy in Life

### LEARNING OBJECTIVES

- Understand your personal energy balance and how it affects well-being
- Explore the concept of flow and the essential elements of motivation
- Discover ways to enhance your sense of self-efficacy and fulfillment

### APPLIED METHODS

- Theoretical input
- Interactive learning activities: role-playing, case studies, learning games, interactive platforms, and videos

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#### WEBINAR

- Max. 500 participants
- 1 to 1.5 hours

#### GROUP COACHING

- Max. 12 participants
- Multiple sessions, 1 to 2 hours each





ALL EMPLOYEES

## Healthy Leadership

### LEARNING OBJECTIVES

- Understand the concept of healthy leadership and why it is crucial during times of stress and change
- Learn the principles of healthy communication and building a culture of error tolerance
- Reflect on your personal role and approach in leadership contexts

### APPLIED METHODS

- Theoretical input
- Interactive learning activities: role-playing, case studies, learning games, interactive platforms, and videos

### ACCESSIBILITY AND FORMAT

- Interactive in-person or online format
- The program and learning objectives are tailored based on the selected format

#### WORKSHOP

- 8 to 10 participants
- Compact: max. half day
- Intensive: one or more days

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# Promoting Diversity and Inclusion in the Workplace



ALL EMPLOYEES

## Diversity and Inclusion

### LEARNING OBJECTIVES

- Understand the concept of diversity and the origins of prejudice
- Learn how to address and prevent disadvantage, harassment, and discrimination in the workplace
- Explore actionable steps individuals can take to foster and embrace diversity and inclusion in the workplace

### APPLIED METHODS

- Theoretical input
- Interactive learning activities: role-playing, case studies, learning games, interactive platforms, and videos

### ACCESSIBILITY AND FORMAT

- Interactive in-person or online format
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## ALL EMPLOYEES

# From Tradition to Innovation – Generational Change in the Workplace

### LEARNING OBJECTIVES

- Understand the impact of generational change on an organization
- Reflect on the benefits and challenges of generational transitions and your own perspective on them
- Identify how each individual can contribute to the success of navigating generational change

### APPLIED METHODS

- Theoretical input
- Interactive learning activities: Q&A, short exercises, and interactive platforms

### WEBINAR

- Max. 500 participants
- 1 to 1.5 hours

### ACCESSIBILITY AND FORMAT

- Interactive online format
- The program and methods are adapted based on the timeframe



ALL EMPLOYEES

## Gender Roles Are Changing

### LEARNING OBJECTIVES

- Explore the historical evolution of gender roles
- Increase awareness of the cultural shifts occurring in society
- Understand the benefits of embracing diversity

### APPLIED METHODS

- Theoretical input
- Interactive learning activities: Q&A, short exercises, and interactive platforms

### WEBINAR

- Max. 500 participants
- 1 to 1.5 hours

### ACCESSIBILITY AND FORMAT

- Interactive online format
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ALL EMPLOYEES

## Managing(Chronic) Illnesses in the Workplace

### LEARNING OBJECTIVES

- Understand chronic illnesses and their potential impact on work performance
- Learn the various ways individuals, managers, and organizations can effectively respond to chronic illness and make workplace accommodations
- Gain insight into the opportunities and challenges in communicating about chronic illness

### APPLIED METHODS

- Theoretical input
- Interactive learning activities: role-playing, case studies, learning games, interactive platforms, and videos

### ACCESSIBILITY AND FORMAT

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#### GROUP COACHING

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# Maintaining Health in the Workplace



## MANAGERS

# Boosting Motivation – The Path to Committed Teams

### LEARNING OBJECTIVES

- Understand the key drivers of motivation
- Discover factors that contribute to self-motivation
- Reflect on effective strategies to maintain long-term team motivation

### APPLIED METHODS

- Theoretical input
- Interactive learning activities: role-playing, case studies, learning games, interactive platforms, and videos

### ACCESSIBILITY AND FORMAT

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ALL EMPLOYEES

## Retirement – Now What?

### LEARNING OBJECTIVES

- Understand the significance of the transition to retirement and its accompanying challenges and opportunities
- Learn strategies for managing uncertainties and fears around retirement
- Develop a positive outlook on the retirement transition

### APPLIED METHODS

- Theoretical input
- Interactive learning activities: role-playing, case studies, learning games, interactive platforms, and videos

### ACCESSIBILITY AND FORMAT

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ALL EMPLOYEES

## Preparing for Illness or Accident

### LEARNING OBJECTIVES

- Learn about key topics such as living wills, healthcare proxies, and power of attorney for healthcare decisions
- Reflect on personal responsibility and the duty of care for others

### APPLIED METHODS

- Theoretical input
- Interactive learning activities: Q&A, short exercises, and interactive platforms

### WEBINAR

- Max. 500 participants
- 1 to 1.5 hours

### ACCESSIBILITY AND FORMAT

- Interactive online format
- The program and methods are adapted based on the timeframe



ALL EMPLOYEES

## Understanding and Combating Feelings of Loneliness

### LEARNING OBJECTIVES

- Explore the nature and prevalence of loneliness
- Recognize signs of loneliness in yourself and others
- Learn strategies to prevent and combat loneliness

### APPLIED METHODS

- Theoretical input
- Interactive learning activities: role-playing, case studies, learning games, interactive platforms, and videos

### ACCESSIBILITY AND FORMAT

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ALL EMPLOYEES

## Holistic Well-Being: The Mind-Body Connection

### LEARNING OBJECTIVES

- Understand the relationship between the body and mind
- Reflect on how to leverage this connection for personal well-being
- Discover practical tips for enhancing overall well-being

### APPLIED METHODS

- Theoretical input
- Interactive learning activities: role-playing, case studies, learning games, interactive platforms, and videos

### ACCESSIBILITY AND FORMAT

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#### WORKSHOP

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#### WEBINAR

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#### GROUP COACHING

- Max. 12 participants
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## Workplace Ergonomics: Motivation, Focus, Organization & Regeneration

### LEARNING OBJECTIVES

- Learn how to optimize your workspace to foster motivation, focus, organization, and recovery
- Identify personal drivers and explore tools and techniques to activate them

### APPLIED METHODS

- Theoretical input
- Interactive learning activities: role-playing, case studies, learning games, interactive platforms, and videos

### WORKSHOP

- 8 to 10 participants
- Compact: max. half day
- Intensive: one or more days

### ACCESSIBILITY AND FORMAT

- Interactive in-person format
- The program and methods are adapted based on the timeframe



ALL EMPLOYEES

## Time Management

### LEARNING OBJECTIVES

- Understand the principles of effective time management
- Reflect on prioritization techniques and managing interruptions
- Discover practical strategies for everyday use

### APPLIED METHODS

- Theoretical input
- Interactive learning activities: role-playing, case studies, learning games, interactive platforms, and videos

### ACCESSIBILITY AND FORMAT

- Interactive in-person or online format
- The program and learning objectives are tailored based on the selected format

#### WORKSHOP

- 8 to 10 participants
- Compact: max. half day

#### WEBINAR

- Max. 500 participants
- 1 to 1.5 hours

#### GROUP COACHING

- Max. 12 participants
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ALL EMPLOYEES

## How'd You Sleep?

### LEARNING OBJECTIVES

- Understand the importance of sleep and the different stages of sleep
- Recognize the connection between sleep and both physical and mental health
- Learn ways to promote healthy sleep habits

### APPLIED METHODS

- Theoretical input
- Interactive learning activities: role-playing, case studies, learning games, interactive platforms, and videos

### ACCESSIBILITY AND FORMAT

- Interactive in-person or online format
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#### WORKSHOP

- 8 to 10 participants
- Compact: max. half day
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#### WEBINAR

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#### GROUP COACHING

- Max. 12 participants
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ALL EMPLOYEES

## Lifelong Learning

### LEARNING OBJECTIVES

- Explore the concept of lifelong learning and its connection to brain function
- Understand the relationship between learning, creativity, and adaptability
- Discover practical exercises for integrating lifelong learning into daily life

### APPLIED METHODS

- Theoretical input
- Interactive learning activities: Q&A, short exercises, and interactive platforms

### WEBINAR

- Max. 500 participants
- 1 to 1.5 hours

### ACCESSIBILITY AND FORMAT

- Interactive online format
- The program and methods are adapted based on the timeframe





ALL EMPLOYEES

## The Art of Patience

### LEARNING OBJECTIVES

- Understand the importance and benefits of patience
- Discover how cultivating patience fosters a calm and composed attitude
- Learn strategies for fostering patience in your life

### APPLIED METHODS

- Theoretical input
- Interactive learning activities: Q&A, short exercises, and interactive platforms

### WEBINAR

- Max. 500 participants
- 1 to 1.5 hours

### ACCESSIBILITY AND FORMAT

- Interactive online format
- The program and methods are adapted based on the timeframe



ALL EMPLOYEES

## The Enriching Impact of Gratitude on Our Lives

### LEARNING OBJECTIVES

- Discover how cultivating gratitude impacts personal satisfaction and interpersonal relationships
- Learn techniques for strengthening your "gratitude muscle"

### APPLIED METHODS

- Theoretical input
- Interactive learning activities: Q&A, short exercises, and interactive platforms

### WEBINAR

- Max. 500 participants
- 1 to 1.5 hours

### ACCESSIBILITY AND FORMAT

- Interactive online format
- The program and methods are adapted based on the timeframe



ALL EMPLOYEES

## The Art of Saying No

### LEARNING OBJECTIVES

- Understand the key elements of successfully saying “no”
- Identify the challenges and strategies involved in setting boundaries through refusal

### APPLIED METHODS

- Theoretical input
- Interactive learning activities: Q&A, short exercises, and interactive platforms

### WEBINAR

- Max. 500 participants
- 1 to 1.5 hours

### ACCESSIBILITY AND FORMAT

- Interactive online format
- The program and methods are adapted based on the timeframe



ALL EMPLOYEES

## The Psychology of Finances: Understanding Beliefs and Financial Decisions

### LEARNING OBJECTIVES

- Understand the connection between money and happiness
- Explore the underlying beliefs and mechanisms that shape financial decisions
- Reflect on conscious strategies for managing money

### APPLIED METHODS

- Theoretical input
- Interactive learning activities: Q&A, short exercises, and interactive platforms

### WEBINAR

- Max. 500 participants
- 1 to 1.5 hours

### ACCESSIBILITY AND FORMAT

- Interactive online format
- The program and methods are adapted based on the timeframe



ALL EMPLOYEES

## United as One: Building a Team Greater Than the Sum of Its Parts

### LEARNING OBJECTIVES

- Learn how understanding, appreciating, and supporting each other can unlock team synergy and success
- Discover effective methods for team building, communication, trust-building, and fostering appreciation within teams

### APPLIED METHODS

- Theoretical input
- Interactive learning activities: role-playing, case studies, learning games, interactive platforms, and videos

### WORKSHOP

- 8 to 10 participants
- Compact: max. half day
- Intensive: one or more days

### ACCESSIBILITY AND FORMAT

- Interactive in-person format
- The program and methods are adapted based on the timeframe

Have a Training Project in Mind?  
Contact us at:

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