



# Managing stress and emotions

Dare to use your inner potential  
to improve your communication skills;

## Objectives:

- Identify and better understand your own emotional functioning
- Acquire the reflex of stepping back from your emotions and those of others
- Turn your emotions into allies rather than obstacles
- Experiment with a toolbox for dealing with emotions in a creative and constructive way

## Contents:

- Physiological and psychological mechanisms of emotions
- Positive functions of emotions: fear, anger, envy, sadness, etc.

### Physical tools for managing your emotions

- Breathing, dynamic relaxation, grounding, protective techniques

### Mental tools to turn your emotions into allies

- Keen observation, taking in the emotional message, visualisation, strength of intention

### Communication techniques for a calmer day at work

- How to defuse emotional tension
- Using the persuasive power of emotions

### Personalised first aid kit

**Duration :** 2 days

**Audience and prerequisites :** All audiences - no prerequisites

**Price :** Upon request

## Quilotoa learning method :

Based on theatrical techniques, active and practical, it aims to give each participant the autonomy that is essential for lasting progress. Theoretical points of reference, passed on interactively, complement the practical exercises to help participants grasp the material.

## Assessment :

**Ongoing assessment:** as the course progresses, during the various simulations.

**At the end of the course:** on a summary exercise.

**After the course:** via an online form.

## People with disabilities :

Our head office welcomes people with reduced mobility.  
For further information, please contact our disability officer :  
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