



MARIE-LINE BRUNET
THERAPEUTE PSYCHO-CORPORELLE

Stress management through body awareness

3 hours Workshop

Sustained rhythms, multiplicity of tasks, increasingly blurred boundaries between personal and professional life, ... tensions of everyday life very often alter our performance and our working relationships. How to reduce everyday stress, prevent it and reconnect with oneself to find simple answers?

Objectives

- Recognize and identify symptoms of stress physically and emotionally and understand how it works on oneself and others
- Learn to return to oneself and one's body sensations, despite the external environment
- Develop self-observance
- Be able to respond and not react to a stressful situation or to someone under the influence of stress

Target audience

Anyone who wants to manage and explore its stress to improve its well-being at work.

Workshop program

- Experimentation in the body of tension and relaxation
- Stress scenario to experiment through body movement
- Working group to observe how stress works in oneself and others
- Individual scenario through a practical case to explore the thoughts, emotions and actions related to stress and its snowball effect
- Learn to focus in oneself to find the right answers and reverse the snowball effect of stress for more efficiency and healthy relations.

Maximum number of participants

12

Fee

150 € HT/Personne