



*Personal development training*

# STRESS MANAGEMENT

## Training objectives

Learning about the origins and functions of stress. Studying numerous apprehension techniques in order to manage stress in working conditions and/or in every-day life.

## Subject matter

### » What is stress ?

- What is stress and what is good for ?
- Which stressors do overstrain us?
- How does stress affect our organism?

### » Health related consequences of stress

- What are the psychological and physical reactions that we incur in order to cope with stress?
- Stress, burnout, depression, anxiety, suicide : Is there a link?

### » How to evaluate and analyze your own stress level ?

- Evaluate and analyze the level of stress objectively.
- Studying the method of vicious circles in order to prevent stress.

### » How to handle stress ?

- Learn to act on a cognitive level.
- Learn to act on an emotional level.
- Learn to act on a behavioral level.
- Prevent stress in everyday life.

### Training duration :

- 1 day
- 2 days

### Language :

Luxembourgish  
French  
German  
English

### Audience :

Anybody exposed to many stressors

### Course instructor :

Dr François D'ONGHIA  
*Doctor of Psychology*

Richard THILMANY  
Graduate Psychologist

### Course fees :

on demand



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## **FATIGUE, SLEEPINESS AND SLEEP DISORDERS**

### ***Training objectives***

Become aware of the beneficial effect of sleep on health. Learn about the effects of fatigue and sleepiness on our daily performance. Understand the different types of sleep disorders and become aware how to find remedy. Learn to develop efficient strategies to combat the effects of fatigue on a daily basis.

### ***Subject matter***

#### **► Understand the basic sleep functions**

- What are the restorative potentials of sleep?
- Comprehending the link between respect of our biological rhythm and our professional performance.
- Understanding the mechanisms and cycles of sleep.

#### **► Detect sleep disorders**

- What are the different types of sleep disorders and how to handle them?
- Detect warning signs of disorders.
- The aggravating factors: stress, depression, medication.

#### **► Learning to respond to poor quality sleep**

- Medical intervention: the benefits and risks.
- The importance of sleep regularity and knowing the right time to wake up.
- Learning to prevent pathologies and sleep disorders.

#### **Training duration**

(according to needs) :

- Conference (90 minutes)
- 1 half-day
- 1 day

#### **Language :**

Luxembourgish  
French  
German  
English

#### **Audience :**

all public

#### **Course instructor :**

Dr François D'ONGHIA  
*Doctor of Psychology*

Richard THILMANY  
Graduate Psychologist

#### **Course fees :**

on demand



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## **ALCOHOL, MEDICATION, ILLICIT DRUGS AND WORK EFFICIENCY**

### ***Training objectives***

Learn about the effects of alcohol, medications and illicit drugs on health and work performance. Learn to adopt a responsible behaviour regarding the consumption of psychoactive substances.

### ***Subject matter***

#### ▶ **Alcohol and its effects on health and work**

- Debate on preconceptions and myths related to alcohol.
- Getting to know the effects and symptoms of alcohol on our physical and mental abilities.
- What are the effects of alcohol on our job performance?
- How to manage the daily consumption of alcohol or during business meals?
- How to reduce the personal consumption of alcohol and/or that of someone close?

#### ▶ **Medications and their effects on work efficiency**

- Which medications do have an impact on sleepiness, on mental abilities and on psychomotor skills when we work?

#### ▶ **Illicit drugs and their effects on automobile driving**

- What are the effects of drugs on health and driving ?
- Information on the risks incurred in a legal base.

**Training duration :**

1 day

**Language :**

Luxembourgish  
French  
German  
English

**Audience :**

all public

**Course instructor :**

Dr François D'ONGHIA  
*Doctor of Psychology*

Richard THILMANY  
Graduate Psychologist

**Course fees :**

on demand

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# CONFLICT MANAGEMENT

## *Training objectives*

Learn about the origins and the functions of a conflict. Become aware of the risk of misjudgements in the perception of others. Study the basics of human communication and learn to apply non-violent communication on a daily basis and in working situations.

## *Subject matter*

### » What is a conflict ?

- Analysis of conflicts experienced in everyday life (work and/or private).
- Learn about the different forms of conflict.

### » The basics of human communication

- Verbal, nonverbal and paraverbal communication.
- "Poor" communication: how misunderstandings can arise and cause communicative distortions?
- The failures of the first impression of a person and how to prevent them ?

### » The technique of non-violent communication

- Getting to know the basics of non-violent communication.
- Learn to communicate without misunderstandings and without judging or accusing each other.
- The benefits of non-violent communication on interpersonal relationships (professional or personal) and on internal conflicts.
- Playing scenarios of non-violent communication related to the needs of the audience.

### Training duration :

- 1 day
- 2 days

### Language :

Luxembourgish  
French  
German  
English

### Audience :

all public

### Course instructor :

Dr François D'ONGHIA  
*Doctor of Psychology*

Richard THILMANY  
Graduate Psychologist

### Course fees :

on demand

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# PREVENTING ROAD RISKS

## Training objectives

Raising the awareness of road hazards by studying the effects of speed, alcohol and psychoactive substances on our attentional capacities, as well as on our abilities to react equitably to traffic situations. Getting to know the origins of road accidents.

## Subject matter

### » Road accident

- What are the different stages of a road accident?
- What are the causes of road accidents?
- What are the human, societal and financial consequences of road accidents?

### » Speed and inattention

- The human failures while driving.
- Why is our brain not meant to move at high speed ?

### » The psychology of risk taking

- Why do we feel the need to take risks?
- What are the reasons that encourage us to accept high risk exposures ?
- The role of ignorance in the mechanisms of risk taking.
- Efficient strategies to manage personal and professional risk-taking.

### Training duration :

- 1 day
- 2 days

### Language :

Luxembourgish  
French  
German  
English

### Audience :

Professional drivers  
Businessmen  
all other audience

### Course instructor :

Dr François D'ONGHIA  
*Doctor of Psychology*

Richard THILMANY  
Graduate Psychologist

### Course fees :

on demand

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