

SYPRIUM

2 ROUTE DE LA NOUE
91190 GIF-SUR-YVETTE
Email : contact@syprrium.fr
Tel : 0619956285



Optimize your energy to take care of yourself and others

10009-C10H

Duration : 10 hours (1.5 days)

- Module 1 : 7 hours (1 day) / Module 2 : 3 hours (retex)

Format : Presentiel

Private session : sur devis en fonction du contexte client (contact@syprrium.fr)

Training Profile

- Open to all

Prerequisites

- None

Accessibility and Access Time

- Access time : 5 days
- Training accessible to people with disabilities (nous consulter au moins 15 days avant le début de la formation pour étudier tout aménagement).

Quality and Performance Indicators

- Nombre de trainees formés : 63 / Average satisfaction rate des trainees : 4.63/5 (2023)

Learning Objectives

- Identify your behavioral drivers
- Optimize your work-life balance
- Discover the 4-dimensional human energy model and manage your resources on a daily basis
- Identify your energy profile and optimize your resources in the long term
- Develop awareness to take care of yourself and others

Training Content

Identify your behavioral drivers

- Scope of the training
- Driver questionnaire
- Stress and behavioral adjustments

Optimize your work-life balance

- The 3 spheres of life
- Adjustments for oneself
- Influence on others

Discover the 4-dimensional human energy model and manage your resources on a daily basis

- Le modèle à 4 dimensions : Physique, Emotionnel, Mental, Spirituel (Sens)
- The 5 principles of energy
- Energy weather tool
- General health recommendations

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- Establishing a personal routine

Identify your energy profile and optimize your resources in the long term

- Le questionnaire SEKI© individuel
- The 8 energy profiles
- Celebrity quiz
- L'identification des recommandations qui correspondent à son profil individuel
- Personal roadmap

Develop awareness to take care of yourself and others

- Self-awareness
- Awareness of others
- Early warning signals

Training Organization

Training Team

The trainer responsible for leading the course has significant professional experience in the business sector and is an expert in QWL (Quality of Work Life), psychosocial risk prevention (PSR), and energy management approaches. Their CV is attached to the professional training agreement, as well as to the invitation.

Teaching and Technical Resources

- Formative Quiz
- Individual or subgroup work
- Group work on paperboards
- Sharing of experiences with the trainer and among trainees

Training Monitoring and Evaluation System

Monitoring is ensured through handwritten or electronic signatures on attendance sheets, signed by the trainer and trainees for each half-day. The assessment of results is carried out online via a summative evaluation questionnaire at the end of the training, an immediate feedback questionnaire, and a follow-up questionnaire a few months after the training for the sponsor. For remote training, a certificate of completion will be issued to each trainee who has completed the entire course and passed the knowledge assessment.

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