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# Laetitia Pereira

**Assistant Professor in  
Pharmacology**  
University Paris Saclay

**Certified Professional Coach**  
**Psycho-Social Risks** specialization  
Career coaching  
Team coaching



**PSR and QWL Seminar**  
**Workshops**  
(French-English)

# Why PSR seminar and workshop?

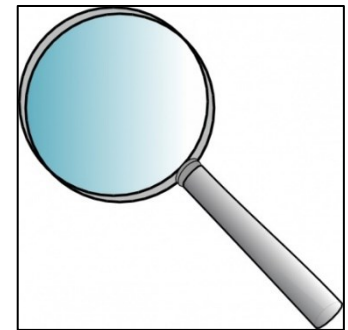
**To inform**



**To prevent**



**To detect**



**To provide tools**

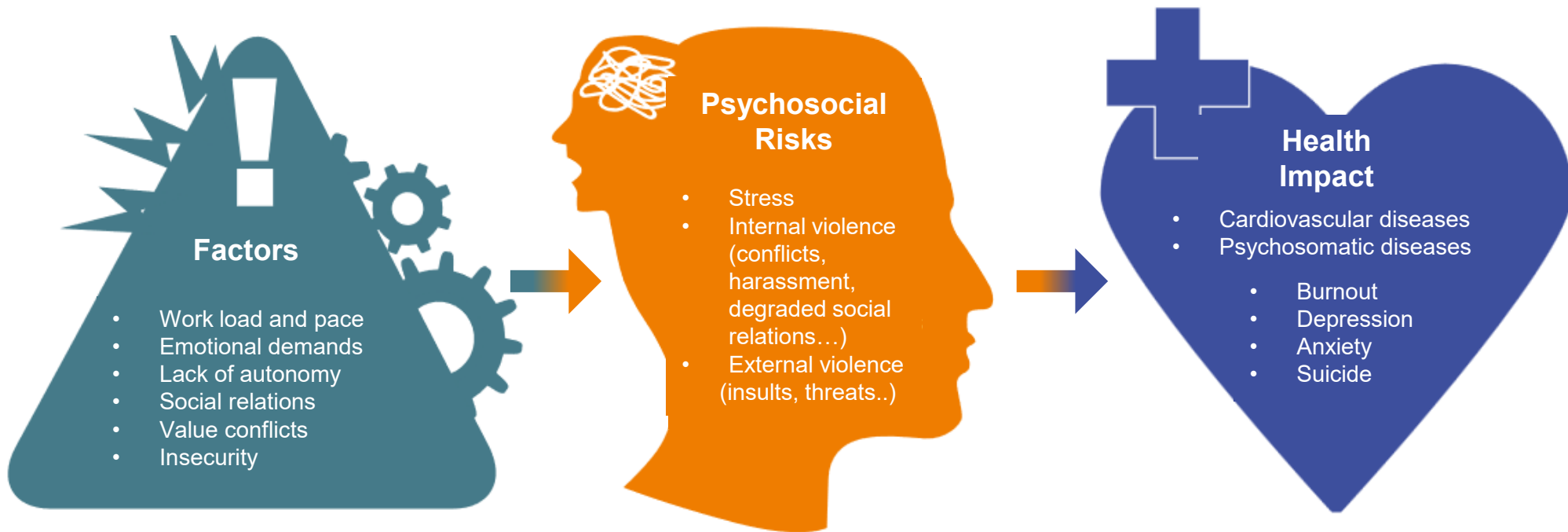


**Well being**



# Psycho Social risk

## What is it ?



**A psychosocial risk is an adverse workplace interaction or condition of work that compromises your health and wellbeing.**

# Content of the PSR Seminar Duration : 3h



1 What do we mean exactly ?

2 The different risks factors

3 To recognize the signs and symptoms

4 How to improve quality of work life and prevent PSR.

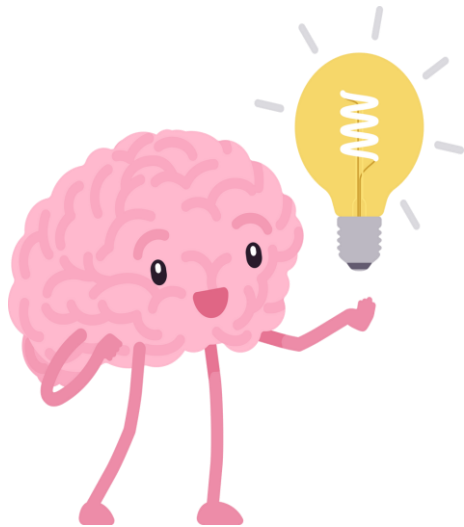
Recognition, Motivation, Autonomy, Work load, Work pace, Conflict value, Relationship.  
Physical and Mental Health Symptoms  
Complement of “Act against SSV” training

# Workshops

2<sup>nd</sup> Semester

Under registration

4h - 10 pers.



## Concrete solutions and tools to prevent or to solve problematic situations

1

### Effective communication

Active listening, Reformulation, Questioning, DESC Method.

2

### Stress Management

Family stressors, Self-confidence, Drivers, Emotions, Breathing Technics and NLP tools.

3

### Time management

Setting boundaries, Drivers, Assertiveness, Organization tools.

4

### Conflict resolution

Life position, Identify and Defuse Psychological Games, NVC and NLP technics.

**Pedagogy** : Theory, case study, experimentation, discussion.

