

Continuing Education With EUTELMED:

- ✔ Mental Health at work topics
- ✔ Different formats
- ✔ Multilingual
- ✔ Everywhere in the world
- ✔ Facilitated by our experts



OUR APPROACH

Participatory, with practical and/or theoretical inputs, sharing best practices, role play, co-development techniques, etc.

OUR EXPERTISE

Quality of life at work, psychosocial risks internationally and in France, crisis management. Also, international mobility and multicultural contexts.





OUR AUDIENCES

Managers and teams, Human Resources, Medical or Paramedical staff, Students, Educational Teams, Journalist and Editorial Teams, Moderators, HSE, etc.

About EUTELMED,

Eutelmed is a worldwide key partner many organisations, preventing psychosocial risks and promoting quality of life in the workplace.

Since 2010, the core activity of Eutelmed is to take care of people and organizations across the globe no matter their language or culture. Everyone everywhere has access to the best healthcare solutions. We provide **tailor-made support and solutions**, from prevention to care, **in line with your needs**.

-  + 300 consultants and mental health professionals
-  + 60 languages and cultures available
-  +70 countries of intervention
-  +130 clients around the world: Companies, IOs, NGOs

We are pleased to send you our new brochure with all the relevant information of our trainings programs for all public.

Webinars, Conferences, Trainings, Workshops, Coaching and E-learnings.

They trust us:



PEPSICO



STMicroelectronics

AIRBUS

At EUTELMED, we offer...

Different topics which, depending on your purpose - skills acquisition, communication, prevention, etc. - can be addressed in different formats:



WEB-CONFERENCES & CONFERENCES

A good way to raise awareness among your teams and managers collectively.

Web-Conferences

- Max participants per session : 3000
- Duration : 1h to 1h30

Conferences

- Max participants per session : no limitation
- Duration : 1h to 1h30



WORKSHOPS & E-WORKSHOPS

A good way to experiment with new practices.

Workshops

- Max participants per session : 12
- Duration : 3 hrs

E-Workshops

- Max participants per session : 10
- Duration : 3 hrs



TRAININGS & E-TRAININGS

A good way to acquire new skills and know-how.

Trainings

- Max participants per session : 12
- Duration : 1 to 3 days

E-Trainings

- Max participants per session : 10
- Duration : 1 to 3 days

At EUTELMED, we offer...



COACHING AND E-COACHING

A good way to improve performance and enhance emotional intelligence

Coaching

- Individual session only
- Duration : 90 minutes

E-Coaching

- Individual session only
- Duration : 90 minutes



E-LEARNING

To improve the skills of your teams and managers and grow both personally and professionally.

- Max participants per session: unlimited
- Duration of general modules : 10 to 15 minutes per module
- Duration of managers modules : 25 to 30 minutes per module
- Available in multiple languages

Our Topics:



Mental Health Prevention & Quality of Life at Work



PSR Care



Managerial Competencies



Trauma and Crisis management



Well-being



Soft skills

Mental health prevention & quality of life at work

- ✓ **Mental health at work:** understanding the issues and promoting good practice.
- ✓ **Managing our stress.**
- ✓ **Emotions in the workplace:** increase aptitude and emotional intelligence.
- ✓ **Disconnection,** a right and a duty to better reconnect to oneself and to others.
- ✓ **Management of aggression** and incivility at work.
- ✓ **Managing workload** and optimizing concentration.

Psychosocial risks & care

- ✓ **Burn-out:** what is it, how to cope and lessen the risks?
- ✓ **Living with ecoanxiety.**
- ✓ **Going back to work:** the ways to facilitate reintegration and how to maintain it.
- ✓ **Microaggressions at work:** where to place the limits ? (sexism, racism, discrimination, harassment, etc.) and how to maintain it.
- ✓ **Addictions at work,** how to confront and handle them.
- ✓ **Psychiatric problems at work,** how to cope?

Managerial Competencies

- ✓ **The cognitive keys** to create a motivational and engaging atmosphere at work.
- ✓ **Handling a managerial change** within one's team.
- ✓ **Managing tensions and conflicts** to regain a better group dynamic.
- ✓ **Mobile workers or teleworkers,** how to manage your team remotely?
- ✓ **Successfully manage** your multicultural team.
- ✓ **Identify and handle** a colleague in psycho-social difficulty.

International Mobility

- ✔ **The challenges of mental health** in international mobility. Get ready.
- ✔ **Students and young expats:** how to guarantee the success of their first expatriation experience?
- ✔ **The family in expatriation:** what issues for each and the factors of success.
- ✔ **Living in sensitive areas** (isolated, at risk, extreme climate). Mental preparation and emotional management.

Trauma and Crisis management

- ✔ **The psychosocial consequences** of a crisis and their management.
- ✔ **Providing Psychological First Aid.**
- ✔ **Setting up an internal assistance programme:** The Focal Points or "caretakers".
- ✔ **Vicarious traumatization:** who is exposed and how to protect oneself?
- ✔ **Violent or terrorist attacks** and psychological first aid.

Well-Being

- ✔ **Optimization of the work-life balance.**
- ✔ **Why it's important to know how to relax and breathe.**
- ✔ **Why use mindfulness?**
- ✔ **Optimizing sleep.**

Soft-skills

- ✔ **Resolving work problems more efficiently.**
- ✔ **Assertiveness and self-confidence at work.**

Our E-Learning Topics

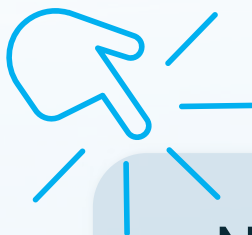
For personal and professional well-being

- ✓ All about sleep
- ✓ Learn more about addictions
- ✓ 10 Minutes to ease your stress
- ✓ Cultivating resilience in everyday life
- ✓ The ABCs of teleworking
- ✓ Manage your manager
- ✓ 10 Minutes to learn all about burn-out

For your managers

- ✓ Team building and conflict management
- ✓ Managing during sensitive times, change or crisis
- ✓ Leadership
- ✓ Well-being at work: good managerial practices
- ✓ Relational regulation
- ✓ Team workload management





Need more information?

Write to us at

 contact@eutelmed.com

Visit our website:

 www.eutelmed.com

