



WHO AM I?

Certified sophrologist with
a RNCP credential (National
Directory of Professional
Skills).

Degree from the
University of Paris V -
René Descartes (OF the
biological and
psychosocial aspects of
stress).

Bilingual
french/english

Great knowledge of the corporate
world: nearly 20 years at Air
France (team management, work
in staggered schedules, safety
missions).

CONTACT ME

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**Quality of life at work special
event week and sophrology:**

for employees seeking meaning in
the workplace in the context of
health crisis.



CABINET
Angélie
SOPHROLOGIE & FORMATION



JUNE 20-24, 2022,
THE 19TH ANNUAL
QUALITY OF LIFE
AT WORK WEEK:



THE BENEFITS OF SOPHROLOGY AT WORK

On the employee side:

- Encourage letting go.
- Improve self-confidence and self-esteem.
- Manage and reduce stress.
- Relieve pain (muscles, joints, and bones disorders).
- Improve concentration.
- Improve sleep (work in staggered hours, stress, ...).
- Promote autonomy, decision-making.

On the company side:

- Prevention of psychological and social disorders in the workplace.
- Improvement of the company's image.
- Improving the social climate
- Retention of staff.
- Improved efficiency and productivity.

"SEEKING MEANING IN THE WORKPLACE"

- Exposed during the crisis, employees are looking for meaning, efficiency and recognition at work.
- New seek for a better balance between private and professional life.
- Search for autonomy and need to feel useful at work.

On the company side:

- Attract and retain employees from short-staffed companies whose employees have moved away during the crisis.
- Reduce stress.
- Drive Performance.

TRY IT!

Quality of life at work special event week is coming soon: why not trying to show your staff that you care for their well-being giving them the opportunity to discover sophrology? I can offer you a complete workshop, in french, in english, or bilingual, with theoretical contributions, practical tools, and a recorded session to continue the practice at home and capitalize on what has been learned.

QUALITY OF LIFE AT WORK AND SOPHROLOGY:
TOGETHER FOR CORPORATE WELL-BEING.

