

MANAGEMENT AND QUALITY OF LIFE AT WORK



TARGET AUDIENCE

Supervisors and train driving supervisors.



GOALS

Manage a team taking into account the quality of life at work (QWL) of agents in a logic of overall performance.



PREREQUISITES

Be authorized to drive trains.



EDUCATIONAL MODALITIES

Active and participatory methods, exchanges on lived situations, construction of an individual action plan.



DURATION: 2,5 Days



PROGRAM

- Define the concepts of quality of life at work and interactions between the different exposure factors, as well as the concept of factors balancing.
- Apply the logic of overall performance (balance between economic, social and operational).
- Implement the principles of a comprehensive approach improvement in QWL.
- Carry out a diagnosis with the methods and tools that compose it and understand the impacts of psychosocial risks on individuals.
- Determine the mechanisms for building personalities and associated motivations.
- Manage the cognitive mechanisms of stress, and understand the different type of stress.
- Adopt attitudes allowing better management of situations complex.
- Know the communication missteps to avoid and the attitudes "Soothing".