



International Satisfaction Association

“Psychosocial Risk”

ALCOHOL TOBACCO TRAUMA SUICIDE STRESS EMOTIONS

Program Objectives

For the company:

- Put in place a prevention policy (alcohol and drugs, stress, burn-out, suicide).
- Reduce work-related injury and sickness leave; improve working conditions.
- Provide a smoother return to work for staff experiencing difficulties (alcohol, trauma).
- Ensure compliance with workplace regulations.
- Affirm the company’s humanist values by providing staff members in difficulty (alcohol, tobacco, trauma, stress...) with support where necessary.

For participants:

- Understand addictive and emotional disorders (alcohol, stress, burn-out, trauma, suicide).
- Be able to “kick” tobacco, alcohol or drugs.
- Avoid the onset of post-traumatic stress disorder following a violent event.
- Acquire simple and effective tools for managing emotions and stress.

Programs and Methods

We deliver our services through the following:

- **Prevention and training programs.**
- **Individual and group support programs.**
- **Debriefing traumatic events.**

Participants

Target audience: all staff members

Number of participants: individuals or groups (8 to 12).

Duration

Prevention and training: according to program.

Tobacco group program: 5 sessions of 2 hours each.

Alcohol and drugs coaching: over 15 months.

Trauma debriefing: 2 sessions of 2 hours each.

Location and Teaching Materials

Location: at your premises or off-site.

Materials: calm room with white board, eraser, marker pens, camera, TV (provided by us or you).

Cost

Teaching fees & expenses: price on request.

Please contact us for a detailed solution tailored to your needs.

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