

Well-being at work – Take the pressure off!

Stress is everywhere. Techniques like Sophrology allow employees to manage their stress better and find a better balance in their professional and personal lives.

Sophrology has long had a bad image... This has slowed down its integration into the corporate world, whereas it can help employees manage their stress. For Stephanie Blaise, Deputy Administrative Director of Dr E. Bohler Private Clinic, “Sophrology may have been controversial mainly because it was not well known: it may have seemed too esoteric, assimilated to hypnosis, the scientific approach questioned... but in the last few years, as sophrology has proved itself in the professional world, its image has changed for the best: companies are now more and more interested in the benefits of sophrology for their staff.”

What is the interest of Sophrology? Beatrice Pettiaux, Treatment Director, explains it that way: “These techniques seem today to be very well adapted to the specific needs of the corporate world and to the different situations a person may face, whatever their work or position in the hierarchy.” It works particularly well for stress management, emotions, personal tensions, conflicts, change management, concentration, creativity and work relationships... For the company, the interest is obvious: an employee who feels good in body and mind is more efficient.

Dr E. Bohler Private Clinic, which started using sophrology in 2006 for patients then in 2009 for their own organisation, saw definite results. “As we started only fairly recently, we are measuring its efficiency through how much employees participate, come to sessions and are happy with them rather than efficiency results per se, explains Stephanie Blaise. It even seems a bit risky to link it directly to indicators such as absenteeism, turnover or personnel’s satisfaction, since we know causes are many.”

Reading the feedback from the staff is nevertheless fairly impressive: 90% of people are interested in more sessions, 90% would recommend those workshops and 55% say they practice what they have learned.

For Beatrice Pettiaux, “these results are extremely encouraging. The programme is a huge success, the basic techniques are easy to learn and practice for the whole staff, whatever the position or job title, with very little time taken on working time. The staff trained to the technique sees the benefits very quickly, with benefits in the professional but also the personal life.”

For both of them, implication and motivation of the staff are a by-product of the Sophrology workshops. They facilitate the creation and building up of the team spirit. The teams have the opportunity to share a same experience on the job, encouraging the exchange of opinions and impressions. “It allows better communication within the staff, a sharing of experiences during the workshop”, they both agree.

Manage your stress

Many employees suffer from stress at work. Knowing how to manage it better means being more productive and feeling better in the rest of your life as well, for the benefit of all. Sophrology is a technique that helps relax the body and therefore the mind. It helps find more balance, interact better with people around you and understand others better. A company that enables its staff to get to use such a technique reaches several goals at the same time: improvement of well-being at work, of staff’s motivation and satisfaction as well as positive effects on absence rates linked to burnout.

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