

WORKSHOPS, CONFERENCES AND TRAINING COURSES



KEEPING
BUSINESS HEALTHY

> List of available themes



PHYSICAL ACTIVITY AND WELL-BEING

Running: Keys to Success at Every Level

WORKSHOP | CONFERENCE

Whether you're a beginner or a seasoned runner, adopt the best practices before, during and after an outing. Food, running technique, gear: put all the chances on your side to avoid injury.

Losing Weight: For the Better or for the Worse?

CONFERENCE

Discover healthy ways to lose a significant amount of weight. This conference will give you tools to better understand your metabolism and adopt new life habits, all the while avoiding the traps of weight loss.



HEALTH AND SECURITY

Back Pain and Manual Material Handling

WORKSHOP | CONFERENCE

This interactive training will help you target risky situations and will give you practical tips to keep your back healthy, notably with the help of exercises specialized in the prevention of back pains. You will also be put to the test to check the strengths and weaknesses of your body.

The Secret to a Posture Without Injury

TRAINING COURSE

Office work usually means long, static hours. A bad posture and a deficient layout can cause aches and discomforts. Learn techniques to be comfortable and efficient in order to reduce the risk of injury.



NUTRITION

The New Age of Nutrition: Does it Taste Good?

WORKSHOP | CONFERENCE

Change your vision of food and see all the options available to make some spice on your plate! Discover new nutritional trends and tips from health professionals.

Lunchbox Revolution

WORKSHOP | CONFERENCE

Discover what to include in your lunchbox to eat well all day long. Plenty of tips will be proposed for a better planning and a fuller grocery cart filled with healthy food for varied, nutritious and original meals.

A Winning Eating Attitude

CONFERENCE

Discover synchronized nutrition, so important for every athlete either wishing to perform or to avoid weariness or undertraining. Stamina, strength, power: no matter your training, you must include the right nutrients.



HUMAN CAPITAL

Team Building

WORKSHOP | CONFERENCE

In a pleasant and relaxed atmosphere, learn the different elements fit to develop a functional team spirit in order to improve the synergy at the core of your organization.

The Work Life Balance Challenge

CONFERENCE

Lack of time? Can't catch your breath? To maintain balance between work and personal life is a constant challenge. Get tools to preserve or restore balance in your life!

Conflict Prevention

WORKSHOP

Prevent eventual conflicts by learning to communicate in a non-violent way to create a stimulating environment where respect and collaboration reign. This conference will allow you to become a better communicator, both at work and in your personal life.