

Self-assertiveness

Length:	2 days
Venue:	Your facilities/Online
Calendar:	TBA
Group size:	5 to 15 persons
Target audience:	Anyone willing to learn how to assert themselves
Trainers:	Laurence Moss, Marine Pansu

Overall pedagogical objective

Take your place in interpersonal exchanges.

Specific pedagogical objectives

- Discover and optimize your personal resources
- Gain confidence in your behavior
- Develop your self-confidence
- Reduce apprehension and take action
- Assert your opinions face-to-face, in meetings and in front of an audience

Teaching method

We offer a participative training approach that allows everyone to express and share their ideas.

Programme

- Collective and personal assessment of difficulties encountered
- Study of different behaviors
- Analysis of emotions
- The various types of behaviour
- The different types of communication

- Analyze reflexes and habits
- Learning to set limits
- Imposter syndrome
- The different types of leaders
- Analyzing your own posture
- Managing stress
- Mastering your voice and diction
- Knowing how to improvise

This training is offered in French and English