

Discovering your potential - ENG

4 jours - 6,00 heures

Programme de formation

Objectifs pédagogiques

Pedagogical objectives

- Discovering your inner processes and avenues for development
- Understanding your motivations Identifying your behaviours under stress
- Drawing up a real action plan for better leadership
- Being more aware of how others perceive you

Compétences visées

- Deploying concrete actions to move forward
- Improve analysis of your personal tendencies and reactions under stress
- Identifying your areas for development
- Adapting your interpersonal behaviour to different profiles

Description / Contenu

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AN INDIVIDUALISED COURSE TO DEVELOP SELF-KNOWLEDGE

Stage 1: Personality test

An individual test chosen on the basis of objectives: DiSC, Process Com, LEA (Leadership Effective Analysis), MBTI, Hogan, Lumina Park ,etc.

Stage 2: Debriefing of the test either individually or in a group by a qualified coach

Stage 3: One-to-one coaching to draw up an individual development and transformation plan

Modalités pédagogiques

Educational format

- Test
- Individual coachings

Moyens et supports pédagogiques

Educational resources and supports

- Individual report of the personality test
- Individual Action Plan

Modalités d'évaluation et de suivi

Evaluation and monitoring methods

- Test
- Debriefing with the coach
- On-the-spot assessment immediately after the course
- REX - One-hour practice-sharing workshops one or two months after the initial training course
- Post-training assessment one or two months after the course
- Performance questionnaire sent to the customer three months after the course

Nous sommes à votre écoute au 01 47 66 25 20





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