



# Corporate Training

## Mastering Workplace Communication: The EQ Approach

2 days or  
depending on  
your needs

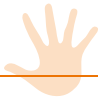
### Objectives:

- Empower participants to recognize the influence of hidden emotions in professional settings and equip them with techniques to enhance their emotional regulation.
- Develop one's emotional intelligence and use emotions to optimize its communication.
- Manage stress, fears, frustrations and dare to talk about it.
- Manage personal and professional conflicts with one's collaborators, colleagues or superiors.

### *Delivery method :*

*This training program is based on Rogerian theory of non-directiveness, Colette Portelance's Non-Directive Approach, and Marshall Rosenberg's Non Violent Communication.*

*It alternates between theoretical lectures, group work, and individual exercises.*



# Self-confidence

2 days or  
depending on your needs

## Objectifs :

- *confidence and self-esteem  
Understanding the mechanisms*
- *Put into practice a self-confidence  
development plan*
- *Develop one's emotional intelligence  
and use emotions to optimize one's*
- *Identify your fears, frustrations and  
needs.*
- *Where do emotions come from and why do  
they exist?*
- *Understand your defense mechanisms,  
obstacles to communication.*

2 days or  
depending on your needs



# Conflict management

(Training and/or coaching)

- *What is conflict?*
- *The positive influence of conflict*
- *The negative influence of conflict*
- *How to resolve conflict*
- *The concept of responsibility*
- *Psychological functioning*
- *The movement of emotions*



# Individual Professional Coaching

***Business owner, executive, holder of a position of responsibility, individual coaching is for you.***

*You are often alone in making crucial decisions for your company or team.*

*You want to give your best and have specific goals.*

*We will help you become aware of the solutions available to you in your endeavors.*

*To motivate you personally and overcome your fears in the face of the challenges of a tough and competitive professional environment, our team will support you individually.*

*You will be able to clarify your objectives and resources and develop a viable and effective strategy that you can apply throughout your career.*

Prices, conditions and schedules are available on the website: [www.atmaformations.com](http://www.atmaformations.com)