

# Course : Give meaning to your professional life with Ikigai

The Japanese method for finding your way

Practical course - 2d - 14h00 - Ref. IKI

Price : 1370 € E.T.

★★★★☆ 4,6 / 5

Experiencing the company as a contributor to one's personal fulfillment is a challenge to be taken up in managing one's personal and professional life. This course enables you to give meaning and energy to all your professional achievements through self-knowledge and the revelation of your Ikigai.

## Teaching objectives

At the end of the training, the participant will be able to:

- ✓ Identify the levers and resources that can be mobilized in a professional project
- ✓ Identify the steps involved in defining a fulfilling professional project
- ✓ Clarify your aspirations and sources of fulfillment in your professional activity

## Intended audience

Anyone wishing to define a fulfilling professional project in line with their Ikigai resources and aspirations.

## Prerequisites

No special knowledge required.

## Practical details

### Hands-on work

This course uses practical exercises to identify personal levers and define a constructive vision of your professional life.

### Teaching methods

This course uses practical exercises to identify personal levers and define a constructive vision of your professional life.

## Course schedule

### PARTICIPANTS

Anyone wishing to define a fulfilling professional project in line with their Ikigai resources and aspirations.

### PREREQUISITES

No special knowledge required.

### TRAINER QUALIFICATIONS

The experts leading the training are specialists in the covered subjects. They have been approved by our instructional teams for both their professional knowledge and their teaching ability, for each course they teach. They have at least five to ten years of experience in their field and hold (or have held) decision-making positions in companies.

### ASSESSMENT TERMS

The trainer evaluates each participant's academic progress throughout the training using multiple choice, scenarios, hands-on work and more. Participants also complete a placement test before and after the course to measure the skills they've developed.

## 1 Become aware of your personal strengths and resources

- List and prioritize your qualities to better understand and develop them.
- Welcome and express underlying desires as a source of energy.
- Reconnect with your inner child and open up the field of possibilities.
- Discover, clarify and assume your values to define your personal course.
- Identify and expand your talent zones.

### Hands-on work

feedbacksharing, visualization, photolanguage, games.

## 2 Recognizing and activating personal resources

- Identify and mobilize allies.
- Identify the ingredients for self-fulfillment.
- Know how to ask for and offer constructive feedback.
- Managing signs of consideration for yourself and others.
- Develop self-confidence.
- Anchor your resourcefulness.

### Hands-on work

Simulations on listening and daring to ask, self-esteem exercises, consideration games, anchoring exercises.

## 3 Managing obstacles

- Moving from blame to responsibility to gain serenity.
- Find a balance between giving and receiving to better manage your relationships with others.
- Recognize your shortcomings and turn them into assets for your life project.
- Find the energy to implement your projects and stay mobilized over time.
- Accept your vulnerability and recognize your frustrations in order to overcome them.

### Hands-on work

Sharing, body exercises, centering.

## 4 Dream your life and live your dream

- Discover the mechanisms and power of positive thinking.
- Apply positive visualization techniques and project yourself into a successful situation.
- Define a concrete and ambitious action plan.
- Understanding and adapting to change.
- Get involved and get moving.

### Hands-on work

Positive visualization, mental preparation, letting go exercises.

### TEACHING AIDS AND TECHNICAL RESOURCES

- The main teaching aids and instructional methods used in the training are audiovisual aids, documentation and course material, hands-on application exercises and corrected exercises for practical training courses, case studies and coverage of real cases for training seminars.
- At the end of each course or seminar, ORSYS provides participants with a course evaluation questionnaire that is analysed by our instructional teams.
- A check-in sheet for each half-day of attendance is provided at the end of the training, along with a course completion certificate if the trainee attended the entire session.

### TERMS AND DEADLINES

Registration must be completed 24 hours before the start of the training.

### ACCESSIBILITY FOR PEOPLE WITH DISABILITIES

Do you need special accessibility accommodations? Contact Mrs. Fosse, Disability Manager, at [psh-accueil@orsys.fr](mailto:psh-accueil@orsys.fr) to review your request and its feasibility.

## Dates and locations

### REMOTE CLASS

2026 : 1 June, 14 Sep., 30 Nov.

### PARIS LA DÉFENSE

2026 : 1 June, 14 Sep., 30 Nov.