

# Course : Project management: developing interpersonal skills

theater workshop

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

Price : 1370 € E.T.

★★★★☆ 4,7 / 5

This training course uses theatrical workshops to explore effective communication techniques and develop the interpersonal skills you need to position yourself effectively as a project manager, overcome differences and build support within the project team.

## Teaching objectives

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

- ✓ Position yourself as a project manager
- ✓ Master the basics of verbal and non-verbal communication
- ✓ Use your interpersonal skills to win over customers
- ✓ Identify the behaviors and expectations of your contacts
- ✓ Adapting your posture, responding to objections and managing conflicts

## Intended audience

Project managers, team leaders, managers, anyone working in a project team or who has taken the THP course and wants to develop their interpersonal skills.

## Prerequisites

No special knowledge required.

## Practical details

### Hands-on work

Theater exercises adapted for non-actors. Self-diagnosis. Individual work based on the participants' professional situations.

### Teaching methods

A participative approach that encourages participants to get involved.

## Course schedule

### PARTICIPANTS

Project managers, team leaders, managers, anyone working in a project team or who has taken the THP course and wants to develop their interpersonal skills.

### 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 Position yourself as a project manager

- Understanding life positions (transactional analysis).
- Distinguish between effective and ineffective positions.
- Identify dominant positions.
- Relate life positions to daily professional life.
- Establishing authority.

### Exercise

Theater exercise on relationships with others and power struggles. Individual positioning test (questionnaire) and analysis of results. Exchange and sharing of experiences between participants.

## 2 Customized work: role-playing

- Identify sticking points at work.
- Understanding the verbal and non-verbal translation of life positions.
- Discern the positions of your contacts.
- Adopt new communication behaviors.
- Acquire greater relational flexibility.

### Role-playing

Each participant plays out a professional situation. Collective debriefing and personalized advice. Training and integration of recommendations during a new role-play.

## 3 Develop specific project management skills

- Improve adaptability.
- Develop listening and observation skills.
- Know how to use questioning and reformulation.
- Reconcile divergent opinions to win support.
- Resolve conflicts and make decisions.

### Exercise

Actor training exercises on connection, verbal and non-verbal synchronization, and environmental awareness.

## 4 Individualized assessment

- Recognize your interpersonal skills.
- Identify areas for improvement.
- Draw up a personalized action plan to sustain the skills acquired.

### Group discussion

Discussions in pairs on what has been learned and how it can be applied in a professional situation. Group sharing of individual assessments.

### 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 : 11 June, 21 Sep., 30 Nov.

### PARIS LA DÉFENSE

2026 : 11 June, 21 Sep., 30 Nov.