

Course : Developing your managerial leadership posture with martial arts

leadership and fighting spirit

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

Price : 1590 CHF E.T.

Martial arts help you develop your energy, balance and fighting spirit. You'll experience fundamental martial arts techniques for maintaining emotional control, developing the right posture and distance in situations of tension and conflict.

Teaching objectives

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

- ✓ Develop your leadership skills through a new attitude and body language
- ✓ Integrate good martial arts practices to develop charisma and energy
- ✓ Practicing positive emotional resonance to cope with destabilizing situations

Intended audience

Managers wishing to optimize their performance by improving their leadership skills and managing situations of professional tension.

Prerequisites

No special knowledge required.

Practical details

Hands-on work

Behavioral self-diagnosis, body exercises derived from martial arts practices, workshops on professional situations.

Course schedule

PARTICIPANTS

Managers wishing to optimize their performance by improving their leadership skills and managing situations of professional tension.

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 Anchoring for better body balance

- Understanding body/emotion/behavior interactions.
- Distribute forces evenly throughout the body.
- Practice cardiac coherence and emotional anchoring.

Exercise

Behavioral self-assessment. Body anchoring and cardiac coherence techniques for use at work.

2 Breathing for better self-control

- Analyze modes of compensation and imbalance.
- Practicing dynamic relaxation: staying in control of your energy, recharging your batteries in difficult moments.
- Practicing mindfulness: combining relaxation, breathing and visualization.

Exercise

Relaxation and controlled breathing techniques. Experience of mindfulness.

3 Centering and posture to establish leadership

- Experiment with different centering techniques.
- Understand the role of posture in leadership and resonance management.
- Regain balanced posture, the basis of emotional balance.
- Increase your presence.

Exercise

Postural techniques from Tai Chi and martial arts.

4 A fighting spirit to stay in control

- Understand power relations and deal with them positively.
- Identify your driver behaviors.
- Revisit the way it works.
- Decipher dominance, submission, attack, withdrawal and escape.

Exercise

Behavioral self-diagnosis. Contextualizing combativeness in managerial situations.

5 Distance to develop assertiveness

- Prepare yourself mentally and physically before a stressful meeting.
- Maintaining positive communication in spite of everything.
- Overcome your fears in tense situations.

Role-playing

Filmed exercise in positive communication in the face of resistance.

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 to review your request and its feasibility.

6 Dodging aggression and conflict

- Getting out of Karpman's triangle.
- Dealing with manipulation and psychological games.
- Dodge the attack by giving signs of recognition.

Exercise

Aikido techniques for dealing with attacks and disagreements. Role-playing: conflict resolution. Personalized plan.