

Course : Know yourself better to develop your potential

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

Price : 1700 CHF E.T.



4,8 / 5

BEST

Listen to your deepest aspirations and dare to be yourself. Using creative, interactive and concrete approaches, this training course will enable you to get to know yourself better, identify your strengths and areas for improvement, and boost your self-confidence. You'll then have the keys to acting with confidence, in line with your values and objectives, in both your personal and professional relationships.



Teaching objectives

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

- ✓ Gain a better understanding of your operating modes, potential and obstacles
- ✓ Develop interpersonal skills and interpersonal ease
- ✓ Emotional intelligence and stress management
- ✓ Boost efficiency by connecting sensations and creativity

Intended audience

Anyone wishing to acquire in-depth self-knowledge to help them progress in their professional and personal lives.

Prerequisites

No

Course schedule

PARTICIPANTS

Anyone wishing to acquire in-depth self-knowledge to help them progress in their professional and personal lives.

PREREQUISITES

No

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 Know your potential and embody it in everyday life

Compétences visées

- Recognize and distinguish the different components of one's personality, behaviors and motivations
- Study past experiences to understand their causes and consequences
- Judging your strengths, weaknesses, limiting beliefs and their impact on your life
- Develop a positive vision of yourself and your future

Activités pédagogiques

- Workshop: creatively exploring your core identity
- Reflection exercises: analyzing past experiences through open-ended questions
- Meditations: developing awareness of oneself and one's feelings
- Create your own individual toolbox: a set of tools (exercises, affirmations, relaxation techniques, ritualization) for everyday use

Outils et méthodes

- Meditation techniques
- Transactional analysis
- Visualization techniques

2 Develop self-awareness and awareness of others to improve relationships

Compétences visées

- Interpreting the behaviour and motivations of others
- Express thoughts and emotions clearly and assertively
- Work as part of a team and resolve conflicts constructively

Activités pédagogiques

- Theatrical role-playing: simulation of interpersonal communication situations
- Exercises: developing active listening and empathy
- Workshops: building cohesion and confidence
- Enrich your individual toolbox

Outils et méthodes

- Active listening techniques

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.

3 Use your emotions to intensify your development

Compétences visées

- Recognizing and naming emotions
- Regulating emotions and expressing them appropriately
- Use your emotions as a source of energy and motivation
- Implement strategies to cope with stress and negative emotions

Activités pédagogiques

- Practical exercises: bodywork and artistic expression
- Relaxation techniques: to manage stress and emotions
- Sharing experiences: discussing emotional expression
- Enrich your individual toolbox

Outils et méthodes

- Relaxation techniques (breathing, meditation)
- Mindfulness meditation

4 Enhance your sensory and creative skills

Compétences visées

- Develop your senses and your ability to feel
- Create new ideas and new ways of looking at things
- Dare to try new things and get out of your comfort zone
- Putting ideas into practice

Activités pédagogiques

- Creative workshops: painting, sculpture, music...
- Visualization exercises: developing the imagination
- Sensory experiences: awakening the senses through different stimuli
- Enrich your individual toolbox

Outils et méthodes

- Guided relaxation techniques
- Artistic techniques

5 Continuing the personal adaptation process over the long term

Compétences visées

- Assess your personal career path and identify areas for improvement
- Define clear, achievable objectives
- Building a coherent, sustainable life project
- Maintaining motivation over the long term

Activités pédagogiques

- Finalizing your individual toolbox
- Sharing experiences and resources: exchanging experiences and discoveries to enrich each other.

Outils et méthodes

- Logbook and planning tools

Dates and locations

REMOTE CLASS

2026 : 18 May, 2 July, 10 Sep., 23 Nov.