

Course : Open space: improving well-being and productivity

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

Price : 1610 CHF E.T.

★★★★☆ 4,4 / 5

Working in an open space requires you to draw on your own resources to manage your relationships with others. This training course will show you how to improve your well-being and better handle delicate situations in this type of environment.

Teaching objectives

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

- ✓ Taking advantage of the specificities of open space
- ✓ Respect individual needs and team involvement
- ✓ Communicating without aggression
- ✓ Managing stressful situations

Intended audience

All audiences.

Prerequisites

No special knowledge required.

Practical details

Hands-on work

Based on the experience of each participant, analysis and improvement of his/her potential. Simulations. Debriefing.

Course schedule

PARTICIPANTS

All audiences.

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.

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.

1 Identify the "detractors" of open space

- Environmental noise.
- Privacy, surveillance.
- Productivity, communication.

Hands-on work

Sharing experiences. Self-diagnosis: strengths and weaknesses of the open space system.

2 Know your basic needs and recognize those of others

- The search for and exploration of fundamental needs: physical, emotional and spiritual.
- Detecting the needs of others, synchronization.
- The two components of the human being: behaviors/attitudes, motivations/values.
- Differentiating between judgments, opinions, feelings and facts.
- The hunt for preconceived ideas.

Hands-on work

Positioning test. Exercises to distinguish between judgments, opinions, feelings, values and facts.

3 Organize and "bring to life" your workspace

- Set up work areas.
- Organize your work space.
- Adapt to your mobile office.
- Self-conditioning to increase practical efficiency and instant alertness

4 Improving communication between colleagues

- Know the golden rules of verbal communication.
- Use non-verbal communication, empathy, active listening, assertiveness and flexibility.
- Dealing with contradicts and interruptions.
- Formulate a refusal without causing tension.

Hands-on work

Role-playing, collective analysis, adjustment.

5 Managing strong constraints

- Use your Open Space Survival Guide.
- Thermal comfort. Constant noise. Image pressure.
- Modulate your schedule.

6 Exchange to anticipate and negotiate disagreements

- Know problem- and emotion-focused strategies.
- Understand how communication filters work.
- Turn the other person into an ally.
- React to situations of disagreement.

Hands-on work

Role-playing, collective analysis, adjustment.

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.

7 Increase your resistance to stress

- Find fallback solutions, distance yourself.
- Resist your impulses.
- Learn to "let go".

Hands-on work

Personal action plan: formalizing the actions to be implemented.

Dates and locations

REMOTE CLASS

2026 : 1 June, 30 Nov.