

Course : Letting go, intensive training

work on your practices and gain in serenity

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

Price : 1610 CHF E.T.



Integrating letting go techniques into your daily life requires regular practice. This training course will help you overcome the obstacles encountered in your experience of letting go. You'll study the situations you've encountered and learn more about the methods you've put in place.

Teaching objectives

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

- ✓ Identify obstacles and obstacles to letting go, based on feedback from experience
- ✓ Recognize limiting beliefs and defense mechanisms to let go more easily
- ✓ Controlling perfectionist behavior and the desire for control
- ✓ Modify your behavior to cope with daily pressure in the workplace

Intended audience

Anyone who finds it difficult to let go.

Prerequisites

To have experimented with the different components of letting go in a professional environment, and to have previously taken the training course "Knowing how to let go and take a step back" (ref.LAC) or equivalent.

Practical details

Group discussion

Active, participative method: feedback, practical application and individual exercises. Exchange and sharing of best practices.

Course schedule

PARTICIPANTS

Anyone who finds it difficult to let go.

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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 Analyze your practice

- Detail the different components of letting go.
- Identify natural resistances and tendencies.
- Understand your relationship to change and your need for control.

Storyboarding workshops

Feedback on difficulties encountered in the workplace.

2 Identify the problems encountered

- Understand inner conflicts and their manifestations.
- Experience reframing through the three phases of change.
- Explore your limits and get out of your comfort zone.
- Free yourself from your interpretations.

Group discussion

Analysis of a situation where letting go was difficult to implement.

3 Measuring the benefits of an "optimal" behavior

- Determine your level of unconscious perfectionism.
- Differentiate perfectionism from [[optimal]] behavior [in letting go.
- Adapting theory to the realities of the professional context.
- Managing failure and emotions. Understand your behavior in the face of reality and success.

Hands-on work

Self-diagnosis. Reflection on the constraining messages of a perfectionist and the path of the optimist.

4 Coping with pressure in the workplace

- Manage subjective fears by identifying areas of unnecessary concern.
- Adapt expectations to events.
- Dare to communicate differently.
- Identify areas of uncertainty to avoid biased interpretations.
- Listen to and accept the opinions of others.

Case study

Based on a professional situation, look for alternatives to the behaviors used.

5 Detach yourself from [[polluting]] situations[.

- Learn to detach yourself from elements affecting your ability to let go.
- Take inspiration from inspiring people.
- Detach yourself from harmful relationships.
- Keeping the right distance with digital communication tools.

Exercise

Define your "pollutants" and your drivers for action.

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 Define your areas for improvement

- Dare to be imperfect.
- Put things in perspective and stop exaggerating.
- Refuse to be a victim.
- Listen to your needs.

Exercise

Define development objectives.

Dates and locations

REMOTE CLASS

2026 : 8 June, 21 Sep., 30 Nov.