Course : Manager, learn to let go!

Practical course - 2d - 14h00 - Ref. MLP
Price : 1590 CHF E.T.

★★★★⯪ 4,9 / 5

Taking a step back to make decisions and manage team performance enables managers to better manage stress and find appropriate solutions. This training course provides effective methods for developing the ability to let go, improve managerial posture and master professional events.

🎯 Teaching objectives

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

- ✓ Developing a systemic approach to events
- ✓ Putting the consequences into perspective and opening up to opportunities
- ✓ Manage your attention span and make effective decisions
- ✓ Developing a global, participative vision

Intended audience
Line or cross-functional managers, team leaders, project managers.

Prerequisites
No special knowledge required.

Practical details
Hands-on work
Time management exercises, role-playing on managerial situations: interviews and team meetings. Feedback from experience.

Course schedule

PARTICIPANTS
Line or cross-functional managers, team leaders, project managers.

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 Assess the real level of urgency and importance of activities

- Determine importance according to team roles and missions.
- Resist the urgency and validate the consequences.
- Define priority levels.
- Plan team processes and tasks.

Exercise
Professional case studies. Personal exercise: building your Eisenhower matrix.

2 Detach yourself from the situation using the systemic approach

- Develop a global, long-term vision.
- Identify the key points and the desired result.
- Define the team's operational objectives.

Exercise
Professional case studies. Group work on prioritizing actions.

3 Anticipating consequences and fostering innovation

- Define possible scenarios and related threats.
- Build bypass strategies.
- Identify opportunities and risks.
- Set motivating, unifying objectives, taking constraints into account.
- Revise objectives according to needs.

Role-playing
Operational refocusing interview with redefinition of objectives.

4 Strengthen your attention span

- Understand how the attentional system works.
- Learn to alternate between focused and diffuse attention.
- Prioritize alerts to manage attentional phases.
- Identify your limits according to your personality.
- Anticipate team non-performance factors.

Role-playing
Putting it into practice: resisting pressure and staying on course.

5 Améliorer sa prise de décision

- Adopt a fact-based analysis in an uncertain context.
- Understand the decision-making process in emergency situations.
- Develop collaborative decision-making and involve stakeholders.
- Select the best options and decide in Agile mode.

Role-playing
Case study: making decisions in a hurry.

6 **Développer une vision constructive**

- Focus the group's attention on implementation.
- Clarify objectives and manage risks.
- Step-by-step problem-solving.
- Be focused on "solutions" rather than "risks".
- Relativize threats and accept trials.

Role-playing
Case study: managing a project.

Dates and locations

REMOTE CLASS
2026 : 4 June, 14 Sep., 3 Dec.