

Course : Overcome your fears and shyness to be more effective

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

Price : 1610 CHF E.T.



Negative states such as fear, guilt and shyness can be obstacles to professional performance. This training course will provide you with the tools and techniques you need to overcome them and free yourself from the mechanisms that generate them. It will enable you to gain in confidence and effectiveness.

Teaching objectives

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

- ✓ Identify limiting and distorting beliefs
- ✓ Transform emotions and negative states into responsibility, ease and harmony
- ✓ Strengthen your personality and gain distance from yourself and others
- ✓ Develop resource beliefs and more appropriate attitudes in ambiguous situations

Intended audience

Anyone wishing to develop a caring attitude and better handle difficult situations.

Prerequisites

No special knowledge required.

Practical details

Role-playing

Theoretical input, observation and analysis exercises, breathing techniques, role-playing and personalized action plan.

Teaching methods

Active pedagogy based on exercises and real-life situations. Continuous assessment and implementation of a personal action plan.

Course schedule

PARTICIPANTS

Anyone wishing to develop a caring attitude and better handle difficult situations.

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 Identify mental brakes: guilt, doubt, fear, demands

- Personality building.
- Origins of limiting thoughts.
- Building facets and beliefs.
- Beliefs and reality: obsolete.

Exercise

List your limiting beliefs and their origins. Identify emotions, their states and the contexts in which they emerge.

2 Distancing yourself from limiting thoughts and their emotional consequences

- From limiting beliefs to resource beliefs.
- Limits and acceptance.
- The impact of other people's views on you.
- A caring relationship with yourself and others.
- Protection and assertiveness: saying no and letting go.

Exercise

Look and know how to say "no". Learn about mindfulness.

3 Free yourself from guilt and move towards responsible behavior

- Guilt and differences with shame, regret and remorse.
- Guilt and responsibility.
- Responsibility and lucidity about the responsibility of others.
- From facet "of the guilty party" to facet "of the responsible party".

Exercise

Draw up a profile of the perfect culprit and responsible person.

4 From guilty to responsible

- Situations involving the role of culprit in a professional context.
- Language, states and associated emotions.

Role-playing

From "guilty to responsible".

5 Identify concrete phenomena that lead to fear, shyness and withdrawal

- Emotional situations: objectives and habitual patterns.
- Certain features and support.
- Usual roles and new ways of dealing with tricky situations.
- Distance between situation and reaction: detachment from others' approval/disapproval.

Exercise

Work on your body and breathing. Identify and manage emotions.

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 Strengthen your personality and open up to the outside world with confidence

- Fluidity between the facets of your personality.
- Better balance body/emotion/spirit.
- Confidence and potential, resources and achievements.
- Qualities, responsibility and autonomy.
- Success and confidence-building.

Exercise

Position yourself in situations. Build a personal action plan.