

A golden brain is the central focus, rendered with intricate detail of its gyri and sulci. It is set against a vibrant yellow background. From the left side of the brain, a burst of blue smoke or paint splatters outwards. From the right side, a burst of pink smoke or paint splatters outwards. The overall composition is dynamic and energetic.

TRAINING CATALOGUE
EMPOWER US

Dare. Act. Succeed.







🌟 At Empower Us, we don't deliver conventional training: we create lasting breakthroughs.

- Tailor-made, dynamic, and highly engaging programmes. Total commitment from our trainers... and from your teams. An experiential learning approach that leaves a lasting impression.
- Because we remember what we experience. And because we act better when we understand with the **head, heart, and body**.
- 🎯 **The result?** Concrete, rapid transformations... that stand the test of time.






Our outstanding training themes





Leadership & Management

-  Manage like an orchestra conductor
-  Conduct annual reviews like an inspiring coach
-  Run meetings like a TEDx team leader
-  Support change like a transformational leader
-  Recruit like a Hollywood talent scout
-  Manage & engage a remote team





Performance & Productivity

-  Master your time like a Zen monk
-  Manage your projects like a space mission
-  Manage remote projects like a connected architect




Communication & Influence

-  Shine on social media like a personal branding expert
-  Speak across cultures without changing language
-  Master your emotions like a Shaolin monk
-  Negotiate daily: colleagues, management, personal life




Self-Awareness & Professional Presence

-  Decode your personality like an FBI profiler
-  Train like Yoda, captivate like TEDx
-  Know yourself better to communicate better
-  Innovate like a disruptive designer








Digital, AI & Transformation

-  Boost your productivity with AI without losing your humanity
-  Turn ChatGPT into your community manager
-  Knowledge Management: Structuring organisational knowledge






Well-being, Stress & Risk Prevention

-  Manage stress like a Shaolin monk under pressure
-  Prevent psychosocial risks like a site manager of collective mental health
-  Handle pressure and stay afloat when everything is unstable: cultivate work-life balance



Sales Techniques

-  Sell like a sniper: precise, direct, effective
-  Advanced sales techniques: negotiate like a professional
-  Handle difficult sales situations under pressure
-  Develop key accounts
-  Purchasing negotiation — Level 1: fundamentals
-  Purchasing negotiation — Level 2: complex strategies
-  Boost your prospecting effectiveness



Strategic Soft Skills

-  Speak like a TEDx speaker
-  Assert yourself with style like a UN negotiator
-  Make decisions like a pilot flying at night
-  Assertiveness & self-confidence
-  Assert yourself and say no without guilt

Women's Leadership & Inclusive Posture

-  Assert your leadership like a boardroom queen
-  Embody inclusion without empty rhetoric

Ethics, Integrity & Responsibility

-  Decide with integrity like a wise executive
-  Align values, actions, and results without compromise



Some of our programmes



Please note: This catalogue presents a **condensed version** of our training programmes. Each intervention is then **co-designed with our clients** to best meet their specific needs, challenges, and context.



Objective: to provide truly bespoke, effective, and immediately actionable solutions.



Leadership & Management

Lead, inspire, perform: the art of modern leadership



Manage like an orchestra conductor : *Harmonise talents, lead performance.*

Objectives

- Develop clear, inspiring, and structured management
- Gain access to a highly practical and comprehensive toolkit
- Create a climate of trust and collective efficiency

Overview

- Managing today means far more than supervising: it means **inspiring, aligning, and orchestrating** your team like a perfectly tuned ensemble.

Techniques & Methods

- Situational leadership (Hersey & Blanchard)
- OKR method (Objectives & Key Results)
- DESC structured feedback
- Motivation and performance management techniques

Benefits

- Aligned and high-performing teams
- Smoother collaboration
- A recognised and respected management style





Conduct annual reviews like an inspiring coach : *Turn a formal meeting into a key motivational moment*

Objectives

- Structure and lead a constructive review
- Identify performance and motivation drivers
- Strengthen trust with employees

Overview

- Annual reviews can be a powerful development tool... or an empty ritual. Learn to transform them into real coaching sessions.

Techniques

- GROW model
- Coaching-style questioning
- 360° skills analysis
- SWOT matrix

Benefits

- Motivated and accountable employees
- Clear and engaging objectives
- Improved talent retention



Run meetings like a master facilitator :

Objectives

- Prepare, structure, and lead meetings effectively
- Capture attention and engage participants
- Conclude with clear decisions

Overview

Turn meetings into real drivers of action.

Techniques

- 3-step structure: opening, core, conclusion
- Participative facilitation
- Managing difficult personalities

Benefits

- Shorter, more productive meetings
- Engaged participants
- Clear decisions and actions





Support change like a transformational leader

Objectives

- Lead impactful transformations
- Engage stakeholders
- Turn resistance into momentum

Techniques

- Transformation planning
- Engagement strategies
- Emotional management

Benefits

- Change embraced by teams
- Sustainable transformation
- Positive organisational climate



Support change like a transformational leader



Objectives

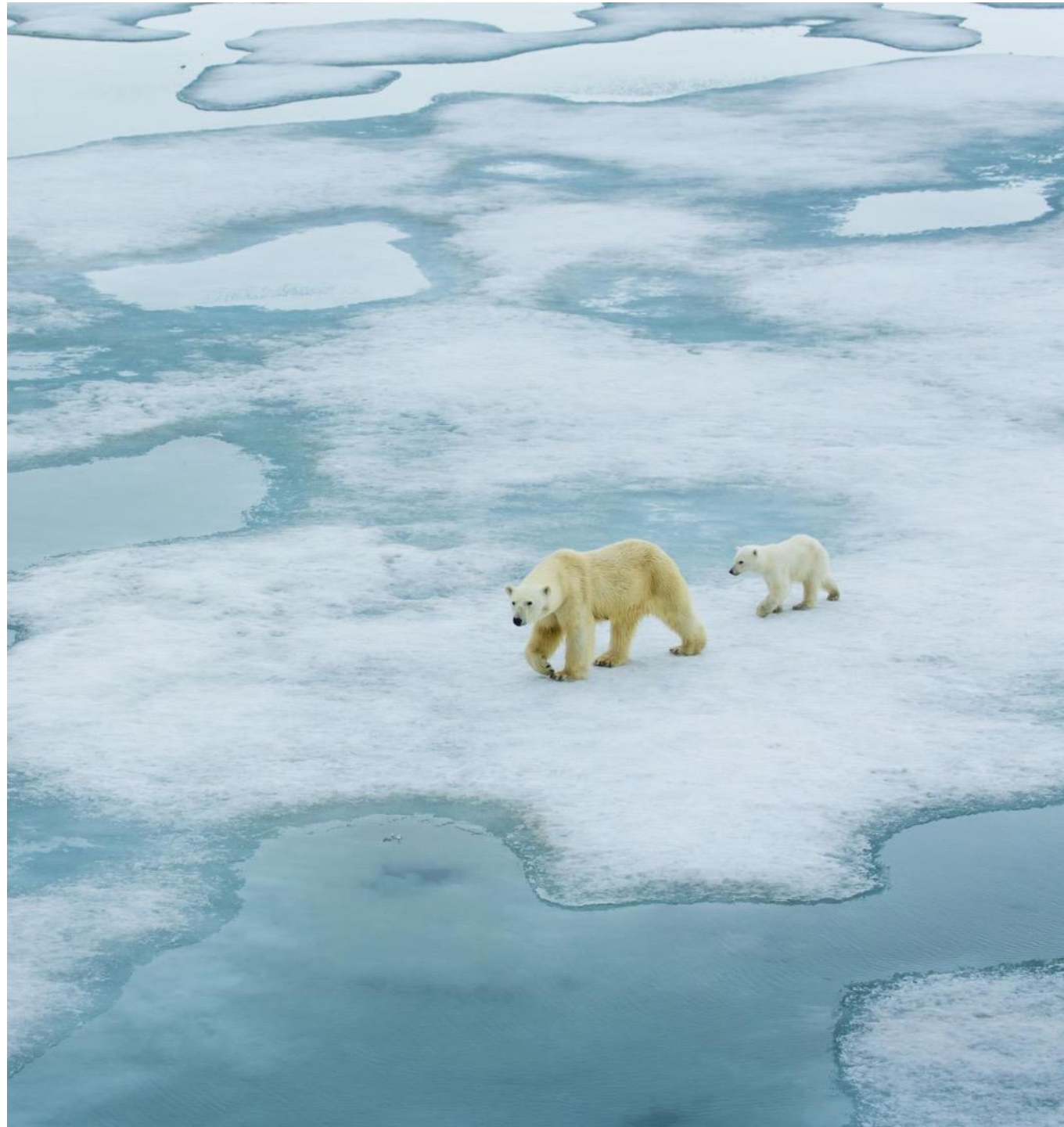
- Lead impactful transformations
- Engage stakeholders
- Turn resistance into momentum

Techniques

- Transformation planning
- Engagement strategies
- Emotional management



Benefits



- Change embraced by teams
- Sustainable transformation
- Positive organisational climate





RECRUIT LIKE A HOLLYWOOD TALENT SCOUT: **Spot, attract, and engage the best before anyone else.**

-  **Objectives**
 - Know how to spot rare talent and assess it with precision
 - Build an employer brand that attracts naturally
 - Shorten recruitment timelines while improving hiring quality
-  **Overview**

From identifying talent to the final casting decision, adopt the reflexes of Hollywood talent scouts: instinct, network, influence, and speed of action.
-  **Techniques & methods**
 - Creative sourcing tools and strategies
 - Structured interviews & behavioral assessment techniques
 - Enhanced candidate experience
 - Recruitment process optimization
-  **Benefits**
 - Faster, fairer hiring
 - Motivated and engaged talent from day one
 - An agile and effective process

MANAGE & ENGAGE A REMOTE TEAM: **Lead without physical proximity, but with strong human connection.**

Objectives

- Maintain motivation and engagement remotely
- Implement effective management rituals
- Preserve cohesion and collective performance

Overview

Remote work reshapes leadership. This programme provides tools to build a strong team culture despite distance.

Techniques & Methods

- OKR alignment
- Agile rituals (Daily, Weekly, Retro)
- SBI structured feedback
- Collaborative tools (Miro, Mural, Notion, Teams)
- Virtual icebreakers and energisers

Benefits

- More engaged, autonomous teams
- Reduced isolation and turnover
- Increased productivity and communication flow





Performance & Productivity

Productivity without stress, results without compromise



Master your time like a Zen monk

Less stress, more impact.



Objectives

- Take control of your schedule
- Prioritise effectively
- Reduce stress

✂ Techniques





- Eisenhower matrix
- Pomodoro method
- Pareto principle
- Time blocking



Benefits

- Reduced stress
- 2–3 hours saved weekly
- Better decision-making





Manage your projects like a space mission: *Precision, coordination, results.*

-  **Objectives**
Structure your projects from launch to delivery
Coordinate teams and resources effectively
Anticipate disruptions without losing direction
-  **Overview**
An approach inspired by space missions: rigor, checklists, and clear communication to reach your objectives without drifting off course.
-  **Techniques & methods**
Agile / Scrum methodology
Gantt chart
RACI method
Kanban
-  **Benefits**
Projects delivered on time and within budget
Stronger collaboration
Fewer crises, greater efficiency





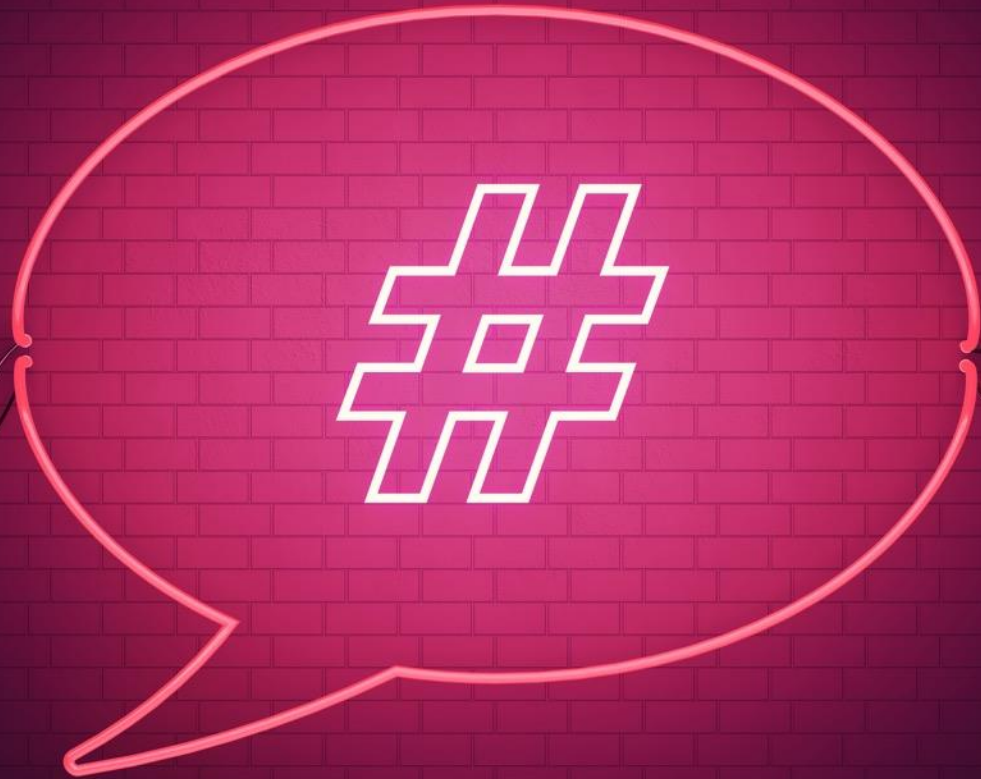
Manage remote projects like a connected architect: *Coordinate without borders.*

-  **Objectives**
 - Lead multi-site or fully remote projects
 - Maintain cohesion and motivation from a distance
 - Use the right collaborative tools to improve flow
-  **Overview**
 - Build and lead remote projects like an architect: clear plans, structured communication, and precise tracking of each step.
-  **Techniques & methods**
 - OKR method
 - Collaborative tools (Trello, Miro, Asana)
 - Daily meetings and quick check-ins
 - Feedback loops
-  **Benefits**
 - Smooth and transparent follow-up
 - Remote teams that are engaged and aligned
 - Maintained or improved productivity







Communication & Influence

Messages that land, ideas that last.



Shine on social media like a personal branding pro: *Your image, your influence, your impact.*

-  **Objectives**
 - Build a professional and consistent brand image
 - Increase your visibility and engagement
 - Develop a useful and qualified network
-  **Overview**

Practical methods to optimize your profiles, create high-impact content, and interact strategically to strengthen your online influence.
-  **Techniques & methods**
 - Simon Sinek's Golden Circle
 - Digital storytelling
 - The 3C method (Clarity, Consistency, Constancy)
 - An optimized editorial calendar
-  **Benefits**
 - Increased visibility
 - Expanded professional opportunities
 - A well-managed reputation

Speak across cultures without changing your language: The universal language of intercultural leadership.

-  **Objectives**

- Understand cultural codes and avoid misunderstandings
- Adapt your communication across cultures
- Strengthen international cooperation

-  **Overview**

- A practical exploration of cultural differences and the keys to fluid, respectful communication in a multicultural environment.

-  **Techniques & methods**

- Hofstede's model
- The Lewis Model of cultures
- The DESC method for delicate communication
- Active listening

-  **Benefits**

- More harmonious relationships
- Stronger international collaboration
- Fewer tensions and misunderstandings









❤️🔥 Master your emotions like a Shaolin monk: Inner calm, outer strength.

- 🎯 **Objectives**
 - Identify and regulate your emotions in stressful situations
 - Develop lasting emotional stability
 - Use your emotions as a positive lever
- 📖 **Overview**

Techniques drawn from neuroscience, mindfulness, and the mental discipline of martial arts to help you stay centered even in the most tense situations.
- 🛠️ **Techniques & methods**
 - Cardiac coherence
 - The RAIN method
 - NLP anchors
 - Mindfulness & body scan
- 💡 **Benefits**
 - Better stress management
 - Stronger concentration
 - Greater self-confidence

Negotiate in everyday life; *colleagues, management, personal life:* **Negotiation is everywhere, all the time.**

-  **Objectives**
Identify the stakes in every interaction
Use simple and effective techniques
Preserve the relationship while achieving your goals
-  **Overview**
Tools and reflexes to negotiate calmly at work as well as in personal life, while avoiding unnecessary power struggles.
-  **Techniques & methods**
BATNA (Best Alternative to a Negotiated Agreement)
The Harvard principled negotiation method
Open-questioning techniques
Win-win strategy
-  **Benefits**
Conflicts avoided or resolved quickly
Stronger relationships
Better agreements in everyday life





Self-awareness & stepping into a stronger posture

Your greatest asset: yourself: Inner clarity, outer impact.



Decode your personality like an FBI profiler: *The art of reading between the lines and gestures through neuroscience.*

-  **Objectives**

Identify key personality traits

Decode behaviors and micro-expressions

Adapt your communication according to different profiles

-  **Overview**

Dive into observation and analysis techniques inspired by FBI experts to better understand the people you interact with and communicate more effectively.

-  **Techniques & methods**

DISC & MBTI

Paul Ekman's micro-expression method

HBDI

Active listening & calibration





-  **Benefits**

More precise communication

Better anticipation of reactions

Smoother and more authentic relationships



Train like Yoda, captivate like TEDx: Training is not about informing. It is about transforming.



-  **Objectives**
 - Create engaging and memorable training experiences
 - Capture and inspire your audience
 - Facilitate lasting learning
-  **Overview**
 - Learn how to share your knowledge with power and impact by using the secrets of great speakers and inspiring trainers.
-  **Techniques & methods**
 - Immersive storytelling
 - Bernice McCarthy's 4MAT method
 - Icebreakers and experiential anchors
 - TEDx public speaking techniques
-  **Benefits**
 - An audience captivated from start to finish
 - Easier and more lasting learning
 - Measurable impact on participants





Know yourself better to communicate better: *The key to others starts with you.*

-  **Objectives**
 - Identify your strengths, weaknesses, and blind spots
 - Understand your communication style
 - Adapt your message for greater impact
-  **Overview**

An introspective journey to uncover your personal levers and use them to build communication that is both authentic and effective.
-  **Techniques & methods**
 - MBTI / HBDI assessment
 - Transactional analysis
 - Johari Window
 - 360° feedback
-  **Benefits**
 - Stronger confidence and assertiveness
 - Smoother relationships
 - More impactful messages

Innovate like a disruption designer: *Thinking outside the box is good. Reinventing the box is better.*

-  **Objectives**

- Develop creative and disruptive thinking
- Identify original solutions
- Turn constraints into opportunities

-  **Overview**

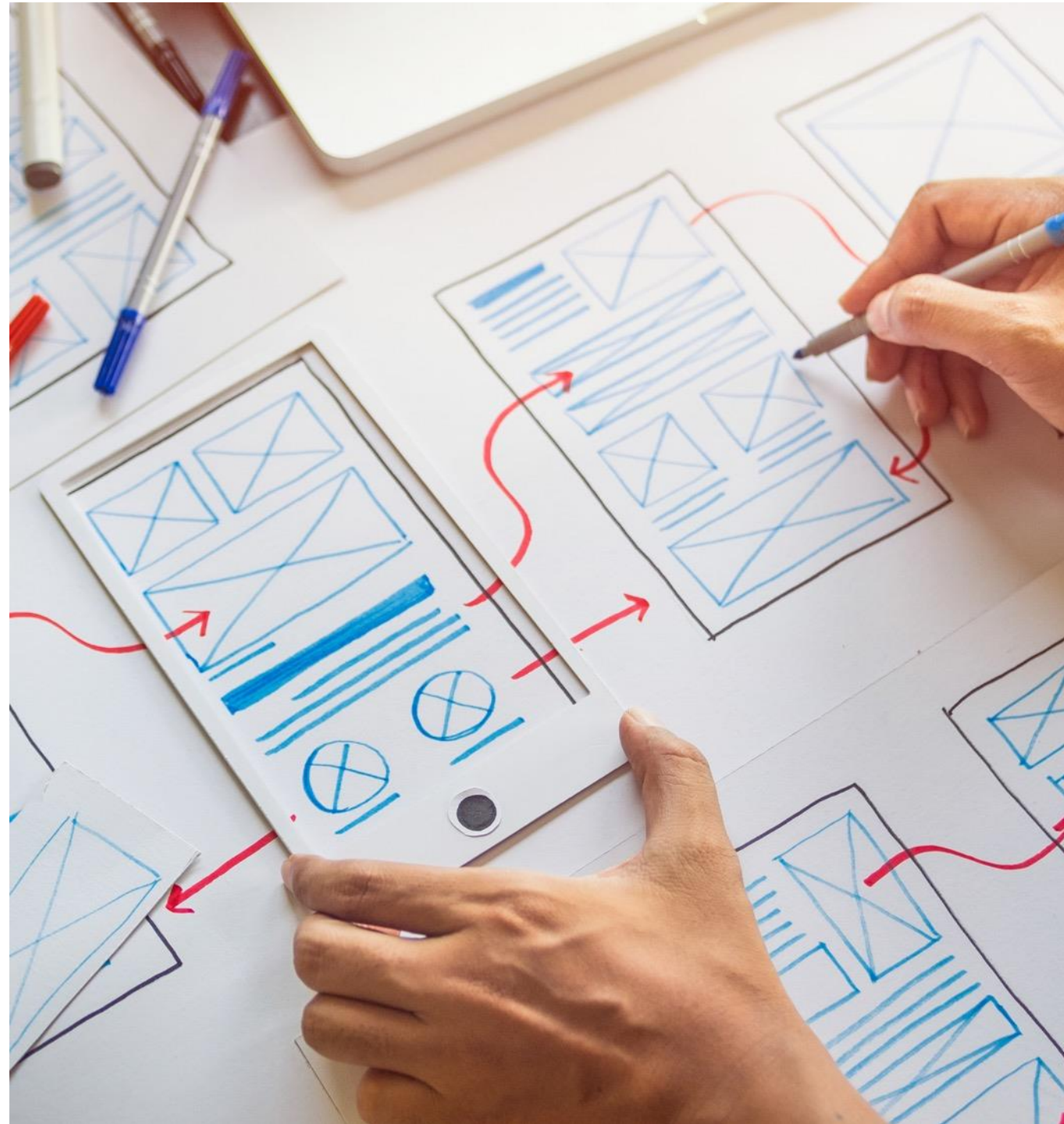
- Explore the methods used by disruption designers to imagine, test, and bring to life ideas that change the game.

-  **Techniques & methods**

- Design Thinking
- The SCAMPER method
- Blue Ocean Strategy
- Google Sprint

-  **Benefits**

- High-impact innovative solutions
- A lasting competitive advantage
- Greater adaptability in the face of change





Digital, AI & Transformation

Organize your data. Harness AI. Accelerate transformation.

⚡ Boost your productivity with AI without losing your humanity: *The power of algorithms, the elegance of being human.*

- 🎯 **Objectives**
 - Integrate AI into your daily work
 - Automate repetitive tasks
 - Preserve your creativity and critical thinking
- 📖 **Overview**
 - Master AI tools to work faster and better, while keeping your human value-add at the center.
- 🛠️ **Techniques & methods**
 - Prompt engineering
 - Automation with Zapier / Make
 - The AI-assisted Eisenhower method
 - Hybrid AI + human workflows
- 💡 **Benefits**
 - Massive time savings
 - Greater accuracy and responsiveness
 - Preservation of the human dimension in your decisions





Make ChatGPT your Community Manager: *The power and efficiency of AI to grow your community.*

-  **Objectives**
 - Use ChatGPT to create high-impact content
 - Plan and manage your social media
 - Engage and retain your community
-  **Overview**

Discover how to turn ChatGPT into a creative and strategic ally for your social media, from post creation to performance analysis.
-  **Techniques & methods**
 - Prompt templates for viral content
 - AI-assisted editorial calendar
 - AIDA & digital storytelling
 - Social media SEO optimization
-  **Benefits**
 - Consistent and engaging content
 - Considerable time savings
 - Long-term editorial consistency and quality

Knowledge Management: Structuring Knowledge in the Company: *Knowledge needs to be cultivated, structured, and shared.*

-  **Objectives**

- Identify and organize internal knowledge

- Facilitate access to information

- Capture and build on collective experience

-  **Overview**

- Learn how to build an effective knowledge management system to improve performance and prevent the loss of expertise.

-  **Techniques & methods**

- The SECI model (Nonaka & Takeuchi)

- KCS knowledge base

- Knowledge mapping

- Capitalization and transfer processes

-  **Benefits**

- Reduced time spent searching for information

- Less dependence on key individuals

- Continuous improvement and collaborative innovation





Well-being, Stress & Risk Prevention

A calm mind, a winning team.

🧘 Manage stress like a Shaolin monk in the middle of the rush: *Inner calm, outer effectiveness.*

- 🎯 **Objectives**

Learn how to regulate stress in intense situations
Develop concentration and calm
Prevent mental exhaustion

- 📄 **Overview**

Master simple yet powerful techniques inspired by martial arts and mindfulness to stay clear-headed even in the middle of the storm.

- 🛠️ **Techniques & methods**

Box breathing
The STOP mindfulness method
Cardiac coherence
Mental anchoring (NLP)



- 💡 **Benefits**



Calmer reactions to the unexpected
Clearer thinking
More energy over time









Prevent psychosocial risks like a site manager of collective mental well-being: Build an environment where people stay strong.

-  **Objectives**
 - Identify psychosocial risks early
 - Put preventive actions in place
 - Strengthen collective mental health
-  **Overview**

Adopt a proactive and structured approach to identify, analyze, and neutralize psychosocial risk factors before they affect your teams.
-  **Techniques & methods**
 - The Gollac & Bodier framework
 - The INRS psychosocial risk method
 - Weak-signal analysis
 - Participatory action planning
-  **Benefits**
 - Less absenteeism and lower turnover
 - A calmer social climate
 - Stronger engagement and motivation

Manage pressure and stay afloat when everything is shaking; **Cultivate work-life balance: *When facing the storm, learn to dance in the rain and ride the waves.***

-  **Objectives**
 - Know how to prioritize under high pressure
 - Balance professional and personal life
 - Maintain performance and well-being
-  **Overview**

Discover how to navigate intense periods with tools to manage pressure and protect yourself sustainably.
-  **Techniques & methods**
 - The Eisenhower Matrix
 - The 3-priority rule
 - Mindfulness applied to work
 - Active recovery routines
-  **Benefits**
 - More control in tense situations
 - Better mental stamina
 - A more balanced work and personal life









Negotiate even better than a Jedi

When strategy meets persuasion, the deal becomes a winning one.



Sell like a sniper: precise, direct, effective: *Every word counts, every action hits the mark.*

-  **Objectives**
Quickly identify customer needs
Formulate a high-impact proposal
Close effectively without wasting time
-  **Overview**
An intensive training to sharpen your sales precision: fast analysis, compelling arguments, and confident closing.
-  **Techniques & methods**
The SPIN Selling technique
The CAB method (Features, Advantages, Benefits)
A 3-step closing method
-  **Benefits**
Time saved across the sales cycle
More deals closed
Greater precision in your sales pitch





Advanced sales techniques: negotiate like a pro: *Anticipate, influence, close.*

-  **Objectives**
 - Master complex negotiation tactics
 - Adapt to different buyer profiles
 - Protect your margins while creating value
-  **Overview**

Take your skills to the next level with proven negotiation strategies inspired by the world's best negotiators.
-  **Techniques & methods**
 - The Harvard method
 - BATNA (Best Alternative To a Negotiated Agreement)
 - Tactical empathy (Chris Voss)
-  **Benefits**
 - Better margins protected
 - Long-lasting client relationships
 - Greater confidence in tense situations

🔥 Resolve difficult sales situations under pressure: *Turn objections into opportunities.*

- 🎯 **Objectives**

- Handle difficult clients
- Respond to objections with ease
- Save a sale in a critical situation

- 📄 **Overview**

- Develop your composure and creativity to unlock even the most tense negotiations.

- 🛠️ **Techniques & methods**

- The Feel – Felt – Found method
- Mirroring and reflective reformulation
- Emotional management (NLP)





- 💡 **Benefits**

- Fewer lost sales
- Greater sales resilience
- A stronger image with clients









Develop key accounts: *XXL deals, precision strategy.*

-  **Objectives**
 - Identify and target strategic accounts
 - Build a multichannel approach
 - Strengthen long-term loyalty
-  **Overview**
 - Learn how to lead long and complex sales cycles to maximize the value of a key account portfolio.
-  **Techniques & methods**
 - The Strategic Selling method (Miller Heiman)
 - Decision-maker mapping
 - Strategic account planning
-  **Benefits**
 - Higher average revenue per client
 - Stronger relationships with multiple decision-makers
 - Better anticipation of client needs



Purchasing negotiation. Level 1: **the fundamentals for professional or occasional buyers: *Good prices do not fall from the sky, they are negotiated.***



-  **Objectives**
Understand the fundamentals of purchasing negotiation
Know how to prepare for a supplier meeting
Master the levers for cost reduction
-  **Overview**
Learn the buyer's core reflexes to secure better terms while preserving the supplier relationship.
-  **Techniques & methods**
The 4Ps of negotiation (Price, Product, Place, Promotion)
Funnel questioning
Funnel-based argumentation
-  **Benefits**
Measurable savings from the very first negotiations
Greater confidence when dealing with suppliers
Better preparation for every discussion





Purchasing negotiation – Level 2: complex strategies & key suppliers: *Create leverage without damaging the relationship.*

-  **Objectives**
 - Manage negotiations with strategic suppliers
 - Master the power levers in procurement
 - Know how to get out of an unfavorable power struggle
-  **Overview**

An expert-level module designed to help you get the best out of complex negotiations where stakes, volumes, and relationships carry significant weight.
-  **Techniques & methods**
 - The Kraljic model, supplier segmentation
 - Breakthrough tactics
 - Strategic win-win negotiation
-  **Benefits**
 - Optimization of major contracts
 - Greater leverage in discussions
 - Stronger partnership relationships

Boost your prospecting efficiency: *More meetings, less wasted time, more business won.*

-  **Objectives**

Structure your prospecting plan

Use the right channels at the right time

Maximize your conversion rate

-  **Overview**

Practical methods to generate more opportunities and keep your pipeline continuously fed.

-  **Techniques & methods**

Multichannel prospecting cadence

High-impact call script

LinkedIn social selling

-  **Benefits**

A stronger and better-filled sales pipeline

Better ROI on prospecting actions

Greater time efficiency and effectiveness





Strategic soft skills

Because great results are built on great human skills.

Assert yourself with style like a UN negotiator: *Develop your own style to say what you think and get what you want.*

-  **Objectives**

Develop balanced assertiveness

Set boundaries without creating conflict

Adapt your message to different people

-  **Overview**

Inspired by international negotiation techniques, this training helps you combine firmness, diplomacy, and charisma.

-  **Techniques & methods**

The DESC method (Describe, Express, Specify, Conclude)

Active listening and reformulation

An open posture and positive body language

-  **Benefits**

More respect and credibility

Better tension management

More fluid and professional communication





Speak like a TEDx speaker: *Captivate, inspire, leave a lasting impression.*

-  **Objectives**

 - Structure a high-impact speech

 - Master your voice, posture, and rhythm

 - Create an emotional connection with your audience

-  **Overview**

 - A complete training to turn every speaking opportunity into a memorable moment, with the effectiveness and emotion of the best TEDx speakers.

-  **Techniques & methods**

 - Storytelling structure (Hero – Conflict – Resolution)

 - The 3-act method

 - Body and vocal anchoring

-  **Benefits**

 - Memorable speeches

 - Greater ease on stage

 - Stronger influence on the audience

Make decisions like a pilot **on a night flight: *Decide quickly,*** ***accurately, and stay on course in uncertainty.***

-  **Objectives**

Quickly assess the available options

Make decisions in complex or uncertain situations

Reduce the risk of errors under pressure

-  **Overview**

A training inspired by aviation to help you stay clear-headed, methodical, and composed when the stakes are high and your bearings are unclear.

-  **Techniques & methods**

The OODA Loop model (Observe – Orient – Decide – Act)

Rapid cost-benefit analysis

Cognitive bias management

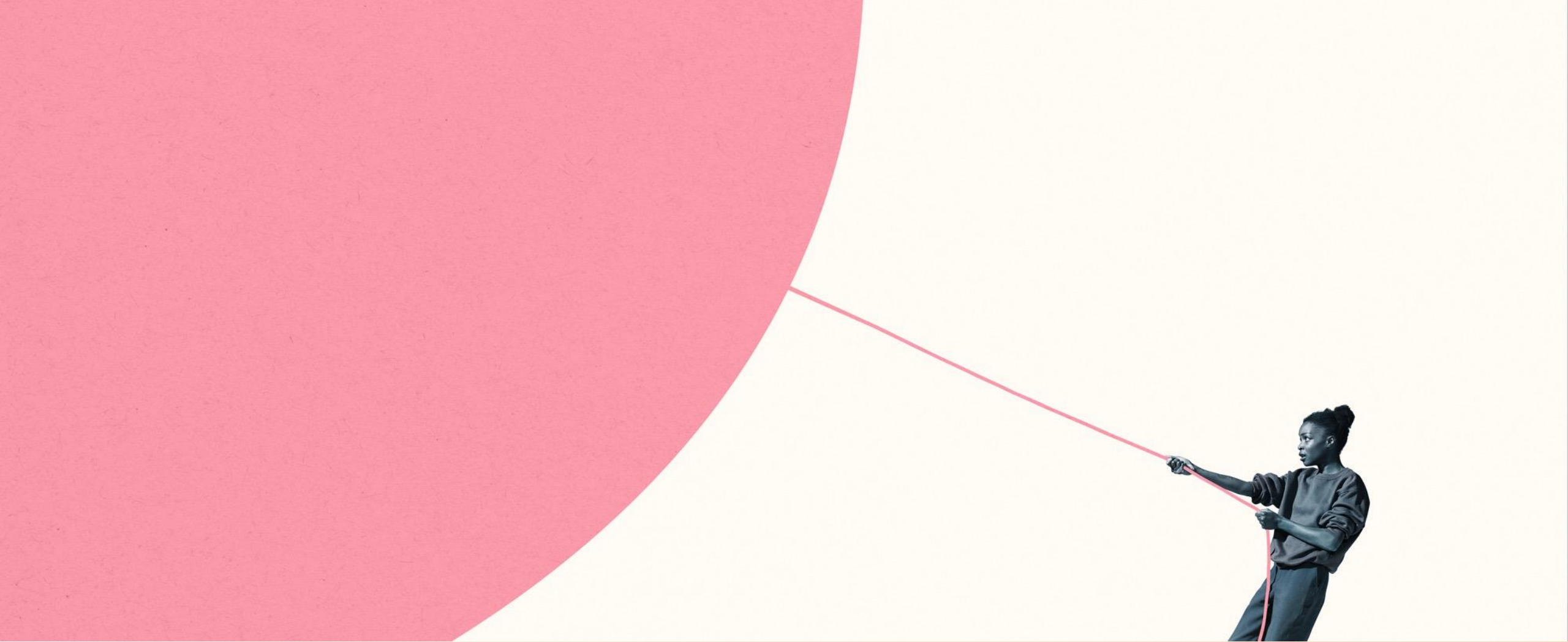
-  **Benefits**

Faster and more effective decisions

Fewer errors under stress

Greater confidence in critical situations









Assertiveness & Self-Confidence

The courage to speak up. The art of persuading.



Assert yourself and say no without guilt, like a Zen monk under pressure: *A firm no, a calm mind, a respected posture.*

-  **Objectives**
Learn how to set boundaries with calm and confidence
Say no without creating unnecessary conflict
Protect your priorities and your energy
-  **Overview**
A practical workshop to help you refuse, negotiate, and reset boundaries with calm and confidence, even in tense situations.
-  **Techniques & methods**
The DESC method (Describe, Express, Specify, Conclude)
Assertiveness based on the Thomas & Kilmann model
4-7-8 breathing to reduce pressure instantly
-  **Benefits**
Gain more respect and credibility
Avoid work overload and burnout
Strengthen your self-confidence

Pitch your ideas like a Netflix series: *Hook them from the pilot episode.*

-  **Objectives**

- Build a clear and captivating message
- Create desire from the very first seconds
- Structure your ideas so they leave a lasting impression

-  **Overview**

- From the art of the teaser to a memorable conclusion: learn how to captivate your audience by drawing on the narrative techniques of the best series.

-  **Techniques & methods**

- 3-act storytelling
- The cliffhanger technique
- Simon Sinek's "Golden Circle" structure

-  **Benefits**

- Get your ideas across more easily
- Increase buy-in for your projects
- Grow your influence and impact






🛡️ **Respond to public criticism without losing face: *Turn the attack into an opportunity.***

- 🎯 **Objectives**
 - Handle criticism constructively
 - Avoid counterproductive emotional reactions
 - Maintain a professional image
- 📄 **Overview**

Verbal and non-verbal techniques to defuse criticism, reframe with elegance, and come out stronger from tense public situations.
- 🛠️ **Techniques & methods**
 - The broken record technique
 - Assertive reformulation
 - Nonviolent Communication techniques (NVC)
- 💡 **Benefits**
 - Protect your reputation and stay calm
 - Strengthen your natural authority
 - Turn criticism to your advantage

 **Defuse tension with tact, without fading into the background or becoming aggressive: *Neither wolf nor sheep, but a strategist of dialogue.***

-  **Objectives**

- Identify early signs of tension
- Intervene with diplomacy and effectiveness
- Maintain connection and cooperation

-  **Overview**

- A workshop to master de-escalation and reframing strategies, so you can turn latent conflicts into constructive exchanges.

-  **Techniques & methods**

- The 3C method (Calm, Clarify, Build)
- Advanced active listening
- Verbal de-escalation techniques

-  **Benefits**

- Avoid conflict escalation
- Maintain a positive climate
- Strengthen your relational leadership





Women's leadership & inclusive posture

Feminine, inclusive, impactful.

Assert your leadership like a boardroom queen: Charisma, confidence, impact: own your influence.

-  **Objectives**

- Develop the posture of an inspiring leader
- Assert yourself in high-stakes environments
- Strengthen your credibility and power of influence

-  **Overview**

- An immersive training designed to build confidence, presence, and the natural authority of a leader, while preserving authenticity and the ability to listen.

-  **Techniques & methods**

- The CAPI method (Credibility, Assertiveness, Presence, Influence)
- Strategic public speaking techniques
- Body language and visual impact tools

-  **Benefits**

- Earn the immediate respect of your audience
- Inspire and mobilize your teams
- Feel legitimate in every situation






🤝 Embody inclusion without empty talk or guilt: Inclusion, not just in theory... but in action.





- 🎯 **Objectives**
 - Understand the real challenges of inclusion
 - Adopt inclusive behaviors in everyday work
 - Create an environment where everyone feels valued
- 📋 **Overview**
 - A practical program designed to move beyond superficial communication and build a lasting culture of inclusion within your team and organization.
- 🛠️ **Techniques & methods**
 - The 4 levels of inclusion model
 - Inclusive feedback
 - Mapping unconscious bias
- 💡 **Benefits**
 - Strengthen cohesion and collective performance
 - Reduce tension and misunderstandings
 - Turn diversity into a strategic asset



Ethics, integrity & responsibility

Integrity as your compass, responsibility as your guide.





 **Decide with integrity like a wise leader at the top of the company:**
Accuracy before speed.

-  **Objectives**
Make decisions aligned with your values
Assess the ethical and strategic impact of your choices
Find the right balance between performance and fairness
-  **Overview**
Learn how to make decisions in complex situations with clarity and integrity, relying on clear principles even under pressure.
-  **Techniques & methods**
Ethical decision-making matrix
Expanded cost-benefit analysis, including human impact
Stepping back using De Bono's Six Thinking Hats method
-  **Benefits**
Strengthen stakeholder trust
Avoid rushed decisions with negative consequences
Build a strong and respected reputation





Align values, actions, and results without compromise: *What you say, what you do, and what you achieve... finally aligned.*

-  **Objectives**
 - Identify your core values and turn them into concrete actions
 - Define indicators that are consistent with your vision
 - Maintain alignment over the long term
-  **Overview**
 - A strategic workshop designed to avoid contradictions between what is said and what is done, and to align results with the company's DNA.
-  **Techniques & methods**
 - The Golden Circle method (Why, How, What)
 - A values-actions-results alignment audit
 - Ethical and sustainable KPIs
-  **Benefits**
 - Create lasting positive impact
 - Strengthen internal and external credibility
 - Attract and retain talent and clients who share your values

Your training isn't in this catalogue?

📖 Our catalogue is rich... but your needs are unique.

We create **100% bespoke training programmes:**

- 🎯 Tailored to your challenges, teams, and objectives
- 💛 Aligned with your values and culture
- 🚀 Practical, concrete, and immediately applicable

💡 Not in the catalogue ? No problem.

🔥 Bespoke is our signature. !