



## Developing leadership and assertiveness

Assert your ability to prepare and lead productive productive meetings

### Objectives:

- Understanding group dynamics
- Asserting yourself without imposing
- Integrating the fundamentals of leadership
- Developing effective and appropriate communication
- Adding leadership to your management

### Contents:

#### The Group

- Find out what's at stake
- Appreciate your qualities
- Understanding your limits

#### Assertiveness

- Discovering the different ego states in relationships
- Knowing how to say "no"
- Expressing your point of view without aggression

#### The leader

- Establishing the fundamentals of leadership
- Comparing leadership and management
- Deploying the tools needed to communicate as a leader

**Duration:** 2 days + 1 day

**Public and prerequisites:** Anyone who has to manage a group (managers, company directors, trade union officers, etc.) - No prerequisites.

**Price:** Upon request

### Quilotoa learning method:

Based on theatrical techniques, active and practical, it aims to give each participant the autonomy that is essential for lasting progress. Theoretical points of reference, passed on interactively, complement the practical exercises to help participants grasp the material.

### Assessment:

**Ongoing assessment:** as the course progresses, during the various simulations.

**At the end of the course:** on a summary exercise.

**After the course:** via an online form.

### People with disabilities:

Our head office welcomes people with reduced mobility. For further information, please contact our disability officer : [n.barbey@quilotoagroup.com](mailto:n.barbey@quilotoagroup.com)