



Enhancing self-esteem

Enhancing your self-esteem and reinforcing your personal style while adapting to professional demands

Objectives:

Understanding the foundations of your image

- Identify your personality profile and communication style in a professional context
- Distinguish between the perceived self and the received self
- Identify the strengths of your image and the points to watch out for

Contents:

Controlling your visual appearance

- Distinguishing between individual perceptions, cultural stereotypes and social representations
- Learning to centre yourself and control your posture and physical attitudes
- Highlighting your strengths

Mastering professional communication

- Understanding communication styles in interpersonal relationships
- Developing coherence between verbal and non-verbal communication
- Identifying what you can and want to change

Duration: 2 days or 1 day + 1

Audience and prerequisites: All audiences - 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 :

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