

# Formation Balmont

1 Formatrice - 20 ans d'expertise - 80 thèmes de Formation - 7800 Stagiaires

## Be assertive at public speaking (2 days)



### Objectives

This training leads to :

- Know your best communication mode and its limits.
- Be assertive in interpersonal relations with your team, colleagues or hierarchy.
- Know how to express a request.
- Say No with tact.
- Gain confidence to better manage daily tricky situations in English.

### Prerequisite

Be determined to be individually involved in the training, to integrate techniques and to get all expected benefits.

### Program

#### Get to know each other better

- Individual self evaluation
- Facilitating behaviours
- Non assertive behaviours

#### Fundamentals of communication techniques

- Practice active listening
- Express yourself using facts
- Avoid opinions
- Identify emotions to better express them

#### Be assertive when dealing with trick situations

- Understand
- Identify the poor postures
- Diffuse the aggressive behaviours
- Put the speaker in action
- Avoid the tentative manipulation traps
- Train yourself to say No with tact

### Training pedagogy

Scenarios created from the problems specific to each participant, to train in English on situations from the field. These scenarios are filmed and commented with the trainer; Self evaluation questionnaire, case studies, pedagogical games.



Durée : 2 jours (14H de F°)

Tarif : 2058€

Dates : 24 & 25 Janv. 2024 -  
4 & 5 Avril 2024 - 12 & 13  
Juin 2024 - 28 & 29 Août  
2024 - 9 & 10 Oct. 2024 - 16  
& 17 déc. 2024 ou démarrage  
immédiat

Lieu : Lyon - Paris - Toulouse

Code : DEVPRO1019

Formation inter-entreprise  
Maximum 5 personnes

Intervenant :

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