



Finding Fulfilment in My Work

Keys for being effective in the workplace

YOU CAN EXPECT THIS WORKSHOP TO HELP YOU:

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- Have a closer look at what you experience in your workplace.
 - Explore the Five keys for a better understanding of what occurs between individuals in every workplace.
 - Identify the means for being yourself more while collaborating to the success of the enterprise or organization.

WORKSHOP OUTLINE

- *Global approach*
- *Part 1 – Five important phenomena in every workplace*
 - Aspirations and needs
 - The values and mission of the enterprise or organization
 - Influence and power
 - Tensions and conflicts and their origin
 - Fundamental tension in every workplace
- *Part 2 – Seven areas of personal progress*
 - Being yourself and finding your place in the enterprise
 - Committing yourself in the line of the mission and objectives of the enterprise
 - Adapting yourself
 - Knowing how to manage tensions and conflicts
 - Providing quality services to clients
 - Building a human work environment
 - Being able to leave the enterprise
- *Action plan and final inventory*

WORKSHOP PROCESS

This process takes place in a group. Through questions you are asked to observe a particular area in your life and to describe your experience of it. This personal time of guided written exploration is followed by optional sharing without any discussion. In order to deepen each individual's exploration, the educator offers input and various supporting resources (diagrams, commentaries, observation papers, etc.). The diverse experiences shared in the group are enriching for participants. You are also given opportunities to reflect and make decisions that are relevant to your life.

CONDITIONS FOR PARTICIPATION

This workshop is for adults working in a group our enterprise, whether they hold a position of responsibility or not. . It is not recommended for individuals under psychiatric care, except with approval from their psychiatrist.