

Finding Fulfilment in My Work

Keys for being effective in the workplace

BENEFITS YOU CAN EXPECT FROM THIS WORKSHOP

- Have a closer look at what you experience in your workplace.
- Five keys for a better understanding of what occurs between individuals in every workplace.
- 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 who 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*

APPROACH USED IN THIS WORKSHOP

The training takes place in a group. Questions invite you to observe your life on a specific theme and to describe your experience of it. The time of guided analysis is followed by optional sharing, without entering into discussion. In order to deepen participants' personal research, the educator gives input and uses various means (diagrams, commentaries, observations notes, etc.). The variety of experiences shared in the group enriches participants. You are invited to make well thought out decisions corresponding to your actual reality.

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 deeply perturbed individuals, or for individuals in psychotherapy, unless they receive the approval from their psychotherapist.