

IFF TV 16 / EN

# MANAGING YOUR PROFESSIONAL RELATIONS

## Even difficult relationships



### TARGET AUDIENCE

Managers and non managers.



### GOALS

- Understand what a professional relationship is
- Characterize / assess the quality of my professional relationships
- Know myself better and better understand the other in the relationship
- Knowing how to mobilize the levers to improve my professional relationships, even difficult ones, including NVC
- Manage my emotions in the relationship.



### PREREQUISITES

TV 15 Training, Communicate with Impact, to mobilize the knowledge acquired during the scenarios.



### EDUCATIONAL MODALITIES

- A rhythmic and interactive training with a maximum of practice (Forum theater)
- Diagnostic work and action plan on real professional relationships
- Memo sheets distributed during the training
- Ludopedagogy: progression by levels
- E-learning upstream of training.



### PROGRAM

- **A relationship, my relationships:**  
Satisfying relationship  
State of play and tools to improve my relationships.  
The 6 states of the relationship.
- **Knowing myself and the others better**  
Managing my emotions in a relationship - Thomas Gordon  
Toxic personalities (In e-learning)
- **Non-Violent Communication** for quality relationships
- **The laboratory to improve my professional relations:** Forum theater



**DURATION: 2 DAYS**

• **Level 2 assessment:** Skills assessment acquired at the end of training ➔ **No**