



Training programme: Becoming an Agile Leader

Prerequisites

- Demonstrate an aptitude and predisposition for leadership, group management and interpersonal relations with the aim of sharing a common vision, developing collective commitment and employee skills.
- Or have exercised, currently exercise, or be expected to exercise team management responsibilities.
- And for individual remote follow-up sessions, have a computer with internet access and a connection speed that allows you to connect to solutions such as Zoom, Teams or Google Meet.

Objectives

At the end of this programme, participants will be able to use the six leadership styles to coach the team and work together to meet the company's challenges and achieve the expected results in terms of performance well-being. In particular, they will be able to:

- Describe and apply leadership and management skills aimed at adapting to the needs of the team and the company to optimise team management, achieve results and create conditions for well-being at work;
- Recognise their strengths, connect the needs of the team and the company, and develop agility that allows them to adapt more easily and without stress.
- Practise leadership in a context of growth and/or uncertainty that requires the ability to adapt quickly to changes in organisation, methods and processes.

Duration

- 26.5 hours of training spread over 6 months, including:
 - 4 hours of e-learning,
 - 8 hours of face-to-face group sessions,
 - 4 hours of individual online follow-up sessions,
 - and 10.5 hours of personal work between sessions

Access conditions

- In-house training combining face-to-face group sessions and remote individual sessions
- Contact méristHemE for details: <https://calendly.com/sylvie-gardahaut/30min>

Access timeframe

- When you register for the Becoming an Agile Leader training course, we will agree on the date of your training session based on your availability and that of our trainers (min. 7 working days from the signing of the agreement).



Prices ⁽¹⁾

- From €2,800 excl. VAT per participant
- Make an appointment directly via the link below: <https://calendly.com/sylvie-gardahaut/30min>

(1) For specific rates in Madagascar, please contact m.ramaroson@meristhème.com

Contact

- Email: team@meristhème.com

Methods used

- E-learning platform containing videos and learning resources
- Personalised discussion forum on Monday
- Accompanying booklet
- Personal assessment questionnaires on behaviour, motivation, emotional intelligence and leadership style

Assessment methods

- Positioning questionnaires (behavioural styles, motivators, emotional intelligence and leadership styles) are completed prior to the training course to enable individual adaptation of expectations during and after the course.
- Writing exercise on behavioural style, motivators and level of emotional intelligence
- Writing exercise on leadership style
- Exercise to identify leadership styles to develop in relation to the growth stage of one's company
- Exercise to identify the principles of conversational intelligence to be integrated into team management
- LEARN (Like Excited Anxious Reframe Next) evaluation questionnaire at the end of the training course

Accessibility

- Our training courses are accessible to people with disabilities. Before the training course begins, we work with you to determine the most suitable programme for you.
- Email: team@meristhème.com

Participant evaluation

Satisfaction des participants

4.7/5

★★★★☆ (7 avis)

Date of last modification: Version 4 of 05/07/2025