



Training programme

"Professional Alignment"

Prerequisites

- Be a manager, executive or employee in a company
- Be familiar with the company's project as expressed by its vision, mission and purpose (if applicable)

Objectives

By the end of this programme, participants will be able to:

- Recognise their professional needs and articulate them by identifying what hinders and facilitates this articulation, as well as what they wish to change
- Recognise the company's needs through its vision, mission and purpose, and identify the strengths of the team and the organisation.

Duration

- Two consecutive days of face-to-face training, totalling 14 hours of face-to-face training.

Access

- Contact meristHemE for access details to your inter-company training location.

Access time

- When you register for the *Professional Alignment* 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 €850 excl. VAT per participant for inter-company training with a minimum of 8 and a maximum of 12 participants.
- From €650 excl. VAT per participant for an intra-company training course with a minimum of 8 and a maximum of 12 participants.

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

Contacts

- Email: team@meristheme.com

Training organisation registered under number 75331418033 with the DREETS (Regional Directorate for Employment, Economic Growth, Labour and Skills) of Nouvelle-Aquitaine.

This registration does not constitute state approval.

Contact details: s.gardahaut@meristheme.com - +33 6 76 62 18 30



- To make an appointment: <https://calendly.com/sylvie-gardahaut/30min>

Methods used

- Formulation of needs according to T. Robbins
- Non-violent communication as a means of expressing needs
- Positive Intelligence® and mental fitness according to Shirzad Chamine to clarify needs
- The dynamics of forces with the Systemic Resonance Model (SRM) for the needs of an organisation
- Person-centred approach technique
- Dynamic relaxation technique of sophrology
- Professional situational constellation

Assessment methods

- Photolanguage and creative synthesis exercise
- LEARN (Like Excited Anxious Reframe Next) assessment 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@meristheme.com

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