

OBJECTIVES

How to get criticism right

Learning to deal with criticism can have a very important impact on our professional and personal lives. What if you knew how to turn a potentially hurtful criticism into an opportunity to improve?

During this workshop we propose to change the way you live the criticism so that they no longer block you in your professional projects and help you reach them.

TOOLS

- Keys to Non-Violent Communication
- And Neuro Linguistic Programming
- Targeted exercises
- Group discussions

IN PRACTICE

- Public: All .
- Duration: 1/2 day
- Participants: Maximum 12
- Necessary material: Paper - Pens

PROGRAM

Step 1

Refuse some criticism

Step 2

Reducing the emotional impact of some criticism

Step 3

Accept criticism



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ABOUT

NLP coach and professional consultant, Eloise Basille is an expert in instant analysis of complex situations and has a strong experience in team management and project management.

« I accompany companies and people individually in coaching and consulting with pleasure and enthusiasm. In a professional and caring atmosphere, my goal is to develop the potential of the group and of each person. »

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Corporate seminar