

# Formation Balmont

1 Formatrice - 20 ans d'expertise - 80 thèmes de Formation - 7800 Stagiaires

## Be assertive at public speaking (2 days)



### Objectives

This training leads to :

- Know your best communication mode and its limits.
- Be assertive in interpersonal relations with your team, colleagues or hierarchy.
- Know how to express a request.
- Say No with tact.
- Gain confidence to better manage daily tricky situations in English.

### Prerequisite

Be determined to be individually involved in the training, to integrate techniques and to get all expected benefits.

### Program

#### Get to know each other better

- Individual self evaluation
- Facilitating behaviours
- Non assertive behaviours

#### Fundamentals of communication techniques

- Practice active listening
- Express yourself using facts
- Avoid opinions
- Identify emotions to better express them

#### Be assertive when dealing with trick situations

- Understand
- Identify the poor postures
- Diffuse the aggressive behaviours
- Put the speaker in action
- Avoid the tentative manipulation traps
- Train yourself to say No with tact

### Training pedagogy

Scenarios created from the problems specific to each participant, to train in English on situations from the field. These scenarios are filmed and commented with the trainer; Self evaluation questionnaire, case studies, pedagogical games.

**Durée** : 2 jours (14H de F°)

**Tarif** : 2156€

**Dates** : 21 & 22 Janv. 2025 -  
2 & 3 Avril 2025 - 12 & 13  
Juin 2025 - 28 & 29 Août  
2025 - 9 & 10 Oct. 2025 - 16  
& 17 déc. 2025 ou démarrage  
immédiat

**Lieu** : Lyon - Paris - Toulouse

**Code** : DEVPRO1019

Formation inter-entreprise

Maximum 5 personnes

**Intervenant** :

Isabelle Dreuilhe-Leiterer

Tél : 06 82 55 98 09

Mail:

isabelle.dreuilhe@cowinr.fr

