



Soft Skills CATALOG Trainings

For other topics, please refer to
CUSTOMIZED Trainings

INDIVIDUAL Trainings (IT) and Coursus (Cs)
GROUP Trainings (G)

MANAGEMENT	IT/Cs	G
Acting as a COACH Manager, supporting your employees individually	T/Cs	C
EMOTIONAL Intelligence for a more human style of Management	T/Cs	C
COMMUNICATION		
COMMUNICATE effectively in your daily life (using NLP tools)	T/Cs	C
Dealing with DIFFICULT relationships at work	T/Cs	C
Anticipate DISPUTES and defuse workplace CONFLICT	T	C
SPEAKING in PUBLIC with confidence and conviction	T	C
PERSONAL DEVELOPMENT		
Developing your ASSERTIVENESS	T	C
Turning your EMOTIONS into a professional asset	T/Cs	C
Staying calm and efficient in STRESSFUL situations	T	C
TIME Management (projecting, deciding, scheduling,...)	T/Cs	C

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