L'AKADÉMIE DU DIGITAL · TRAINING PROGRAMME Qualiopi certification being prepared

Change 1: Identity and Self-Esteem

FOR-CMR-M8-A · Relational Communication

Understand how identity and self-esteem are built in order to act on what holds back your growth

DURATION
14 hours — 2 modules of 7h (theory and workshop)

PRICE
On quote

AUDIENCE
Companies & individuals

ACCESS
Access within 2 working days after validation of needs and prerequisites.

Training delivered in co-facilitation, priced by quotation. Rate based on €70 excl. VAT per hour (14-hour module); indicative and negotiable depending on volume, format and context.

Learning objectives

- Understand how identity is built and the role of beliefs and values
- Distinguish self-esteem, self-image and self-confidence
- Spot your limiting beliefs and the inner dialogue that sustains them
- Identify your resources, successes and values
- Define a realistic change project and a first action plan

Target audience

- Employees, managers and teams who want to improve their working relationships
- Individuals, freelancers and project owners
- Students and learners from schools and training centres

Prerequisites

- No technical prerequisites or particular qualifications.
- Be willing to take part in simulations and group discussions in a supportive setting.

Programme

THEORY Theory Module — Change 1: Identity and Self-Esteem

The module sets out the components of identity (values, beliefs, roles, personal history), the difference between esteem, image and self-confidence, the origin and workings of limiting beliefs, inner dialogue, the role of resources and successes, and the steps of a change project.

Objective : understand what builds identity and self-esteem and what holds back change.

- Identity, values and beliefs.
- Esteem, image and self-confidence.
- Limiting beliefs and inner dialogue.

Assessment : Quiz and analysis of a fictional blocked situation.

Welcome & framing	15 min	Present the programme, objectives and schedule; gather expectations. Oral presentation, round-table introductions.	
Building your identity	2h05	Values, beliefs, roles and personal history; identity as a process. Interactive talk, concrete examples, group discussion.	Oral questions; mini-quiz.
Self-esteem, self-image and self-confidence	2h05	Differences and links; what nourishes or weakens self-esteem. Interactive talk, concrete examples, group discussion.	Oral questions; mini-quiz.
Limiting beliefs	2h05	Origin, workings, inner dialogue; first levers of change. Interactive talk, concrete examples, group discussion.	Oral questions; mini-quiz.
Summary & assessment	30 min	Go over the key points and assess what has been learned in the module. Group recap, participant feedback.	End-of-module quiz (pass mark ? 60%).

WORKSHOP Practical Workshop — Change 1: Identity and Self-Esteem

In a confidential and supportive setting, participants build their life line, identify their values and successes, spot a limiting belief and test an alternative wording, then write a change project and a first action plan.

Objective : clarify your values and resources and define a first change project.

- Life line, values and successes.
- Work on a limiting belief.
- Change project and action plan.

Assessment : Written change project and voluntary sharing in a subgroup.

Workshop kick-off	15 min	Present the instructions, the confidentiality framework and the split into pairs or subgroups. Oral presentation, forming the groups.	
Life line and values	2h05	Retrace your path, identify your successes, values and resources. Pair and subgroup simulations, role plays, group debriefing.	Observation by the trainer; guided self-assessment.
A belief to question	2h05	Formulate a limiting belief, question it, test an alternative wording. Pair and subgroup simulations, role plays, group debriefing.	Observation by the trainer; guided self-assessment.
My change project	2h00	Define a realistic change and write a first action plan. Pair and subgroup simulations, role plays, group debriefing.	Observation by the trainer; guided self-assessment.
Debrief & review	25 min	Present your work, draw lessons and write a personal action plan. Oral presentation, group feedback, written action plan.	Written action plan and discussion with the trainer.
Satisfaction survey	10 min	Collect immediate satisfaction feedback. Satisfaction questionnaire.	Satisfaction survey.

Teaching methods and resources

In-person training at our premises or yours, in small groups. A mix of theory, hands-on workshops and practical scenarios.

Required equipment :

No particular IT equipment; room suitable for subgroup work

Assessment methods

Learning outcomes are assessed during and at the end of the training; an attendance certificate is given to every learner.

Accessibility

Training accessible to people with disabilities. Contact us before registering so we can study the adjustments needed.

Funding

Quote or training agreement on request. Qualiopi certification is being prepared: eligibility for OPCO funding will open once it is obtained.

Certification audit planned for T1 2027. No OPCO eligibility before it is obtained.

Trainer(s)

Claire Marguerie — Trainer — cognitive psychology, communication and NLP