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

# Complete Change Path

**PF-CMR-P2-A · Relational Communication**

Know yourself better, value yourself and trust yourself to lead lasting personal change

**DURATION**
28 hours — 2 modules of 14h

**PRICE**
On quote

**AUDIENCE**
Companies & individuals

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

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

## Main objective

Support a personal change process in the work context: understand your identity and self-esteem, strengthen your self-confidence and the confidence you inspire, then move into action with a commitment plan.

The first module works on identity and self-esteem to set the diagnosis and the project; the second builds self-confidence and the confidence you inspire, then launches the move into action.

## Learning objectives

- Understand how your identity, values and beliefs are built
- Strengthen your self-esteem and self-confidence
- Assert yourself assertively and handle failure and criticism
- Define a change project and a small-steps commitment 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. A specific prerequisites form is attached to each module in the path.

## Programme

### FOR-CMR-M8-A · Change 1: Identity and Self-Esteem (14h)

Theory: Identity, values and beliefs; esteem, image and self-confidence. Workshop: life line, values and successes.

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

**Assessment :** End-of-module quiz + simulations. Pass mark ? 60%.

### FOR-CMR-M9-A · Change 2: Self-Confidence, and the Confidence You Inspire (14h)

Theory: Sources of self-confidence; assertiveness: assert, refuse, ask. Workshop: scenes of assertion, refusal and request.

**Objective :** Strengthen your self-confidence and build the confidence you inspire in others, to move from intention to action

**Assessment :** End-of-module quiz + simulations. Pass mark ? 60%.

## Teaching methods and resources

In person at our premises or yours. Path organised in 14-hour modules, which can be sequenced according to the calendar.

- No particular IT equipment; room suitable for subgroup work.
- Theme delivered in co-facilitation; group size suited to simulations (small group).
- Path priced by quotation; for individual training outside a session, contact us.

## 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