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

Complete Communicator Path

PF-CMR-P1-A · Relational Communication

Become a communicator at ease in every situation: listening, profiles, nonviolent communication, emotions, influence and public speaking

DURATION
84 hours — 6 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

Train people able to communicate with clarity, listening and confidence: understand their counterparts, express their needs, regulate their emotions, argue ethically and speak in public.

The path starts from the relationship to oneself and others (connection, profiles), deepens the quality of dialogue (nonviolent communication, emotions), then equips argumentation and negotiation before ending with public speaking.

Learning objectives

- Practise active listening and adapt your language to each counterpart
- Express your needs and handle disagreements with nonviolent communication
- Understand and regulate your emotions in work exchanges
- Argue and negotiate ethically, and protect yourself from manipulation
- Build and deliver a pitch to an audience

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-M1-A · Understanding yourself and connecting (14h)

Theory: Verbal, paraverbal and non-verbal communication; perception filters and misunderstandings. Workshop: listening and rephrasing exercises in pairs.

Objective : Lay the foundations of authentic communication: know yourself better to connect better with others

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

FOR-CMR-M2-A · Profiles and languages (14h)

Theory: Profile reading frameworks, benefits and limits; verbal and non-verbal cues of a style. Workshop: identifying your dominant profile and your areas of flexibility.

Objective : Recognise the different communication profiles to adapt your language to each counterpart

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

FOR-CMR-M3-A · Nonviolent Communication (14h)

Theory: Observation, feeling, need, request; judgements, labels and demands: what cuts the connection. Workshop: turning judgemental sentences into nonviolent messages.

Objective : Express your needs and receive those of others with clarity and kindness, including in tense situations

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

FOR-CMR-M4-A · The meaning of Emotions (14h)

Theory: Basic emotions, functions and triggers; components of emotional intelligence. Workshop: personal emotional map.

Objective : Understand your emotions and those of others in order to regulate them and make them allies of the relationship

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

FOR-CMR-M5-A · Language and Techniques of Influence (14h)

Theory: Psychological levers of influence; argumentation, framing and word choice. Workshop: decoding messages of influence.

Objective : Argue, persuade and negotiate ethically: understand the levers of influence to protect yourself from them and use them respectfully

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

FOR-CMR-M7-A · Pitch Perfect – Public Speaking (14h)

Theory: Pitch structure and storytelling; voice, posture, eye contact. Workshop: preparing a pitch on your own subject.

Objective : Structure, embody and deliver a striking message to an audience, from the interview to the few-minute pitch

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