

Art of surpassing yourself!

“Get out of your concrete slippers and get moving!”

Summary:

This conference motivates people to transcend more easily beyond their comfort zone and overcome some of their fears or the inertia to get going. It enables them to dare to take action in their professional and personal life.

By analyzing concrete situations, participants identify simpler ways of attaining their objectives. They will familiarize themselves with tools that can help them overcome their fears and doubts in order to fulfill their true potential.

Objectives:

- **Discover** the *self-defeating* mechanisms hiding behind our actions and behaviour.
- **Learn** to overcome *procrastination* to become further motivated, productive and efficient.
- **Succeed** in extending beyond our *comfort zone* and overcoming our fears, in order to surpass our limits.
- **Obtain** the tools required to reach our objectives concretely and more efficiently.

Results:

- Increases *productivity* and improves internal *dynamics*.
- Maximizes *human assets* and collective *synergy*.

Duration:

- Available in **regular format** (*60 to 90 minutes*) and in a **conference format** (*30 to 60 minutes*)

Please note that this presentation may also take place as a workshop, which allows for a better integration of the proposed tools and further enhances your return on investment (ROI).