



Attitude is contagious!

"Discover the immense power of a positive and proactive attitude!"

Summary :

This conference is aimed at strengthening the bonds among participants. This results in greater internal synergy, by developing more harmonious and dynamic interpersonal relationships.

Through the use of concrete examples, the objective is to demonstrate how each of us can improve the working environment, team spirit and sense of belonging. Participants will discover methods and processes that will enable them to develop a human approach that is both different and pleasant, while delivering highly effective results.

Objectives :

- **Discover** the hidden repercussions of our attitude, whether positive or negative.
- **Learn** to instinctively condition ourselves to think and act in a *positive and optimistic* way.
- **Succeed** in influencing our colleagues positively through a *winning and contagious attitude*.
- **Obtain** the tools that are required to apply the principles of personal motivation over the long term.

Results :

- Improvement in the *working environment* and *client relations*.
- Reduction in the level of *stress, dissatisfaction* and *interpersonal conflicts*.

Duration :

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

Please note that this conference is also available as a workshop seminar, which allows for a better integration of the proposed tools and further enhances your return on investment (ROI).



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).



Embrace change!

"The art of adapting to any situation by changing our perceptions!"

Summary:

This conference helps participants adapt more quickly and easily to change, in order to better mobilize as a group. A better adaptation to change, significantly reduces conflicts, which helps create greater synergy, as well as a more harmonious and more dynamic working environment.

Through the use of concrete examples, we show how individuals can improve their perception of change. We also teach participants various techniques and methods that allow them to optimize their capacity to adapt to different situations by adopting a positive and proactive attitude.

Objectives:

- ***Discover*** the source of our resistant behaviour.
- ***Learn*** how to dominate our inherent lack of comfort with change.
- ***Succeed*** in transforming our daily problems into true *opportunities*.
- ***Obtain*** the tools required to optimize our *capacity to adapt*.

Results:

- Increased internal *dynamism* and *productivity*.
- Reduced level of *stress* and *dissatisfaction* and fewer *interpersonal conflicts*.

Duration:

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

Please note that this conference is also available as a workshop seminar, which allows for a better integration of the proposed tools and further enhances your return on investment (ROI).



Living all of your dreams, it's possible!

"Dare to persevere rather than get discouraged and let go!"

Summary:

This conference is geared towards helping students to believe in their own capacities, to persevere in the achievement of their objectives as well as discovering their passions. Through Richard Aube's life experiences, from his childhood tinged with poverty and violence to the progressive realization of a dream come true, discover how he transformed his feats and challenges into great opportunities to surpass himself!

Objectives:

- **Discover** your hidden talents to unleash your full potential.
- **Learn** to persevere in spite of obstacles and adversity.
- **Succeed** in transforming your daily problems into true opportunities.
- **Obtain** the necessary tools in order to realize yourself fully.

Results:

- Increase in self-confidence and personal regards to oneself.
- Reduction of stress related to a lack of direction and vision.
- Increase in the desire and the realization of the importance of succeeding in your studies

Duration:

- Available in a 60-minute format

Please note that a **preliminary study** is included in the service offer.

This allows us to personalize the conference and optimize the Return on Investment (R.O.I.)