Training program:
Managing change with agilty

Format: intra-company, face-to-face, tailor-made

Number of hours: 4 or 7 hours (2 options)

Place of training client's location

Number of people: 10 (max)

Trainer and program manager: Alice VIVIAN, trainer, founder Mojom

Public / Prerequisites
Managers / leaders/ directors
No

Prices: see invoice
For more information
contact@mojom.fr
www.mojom.fr
Tel.: 06 10 19 13 78

General objectives of the training:

- To develop individual and collective adaptability and agility.
- To foster greater acceptance of ongoing transformations.
- To provide concrete tools for navigating professional changes more effectively.
- To encourage managers to become agents of change within their teams/stakeholders (and to recognize and value their contributions in this role).
- To promote sharing of experiences and peer cohesion.

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The method: an innovative head/heart/body pedagogy

The training offers **theoretical and scientific contributions** on the subjects in order to provide a better understanding.

It allows phases of **self-diagnosis** and discussion so that everyone can take ownership of the subjects and progress.
It also offers a **practical training space** to help participants in their daily lives in a concrete and effective way.

The experience of reconnection to the body is a key and differentiating element of our pedagogy (postures, movements, breathing, emotions, games in space): it makes learning easier by activating other forms of intelligence, to acquire quick and easily accessible daily tools, to transform habits and to truly embody the CARE posture

PROGRAM :

- Why developing our agility has become fundamental?
- Adaptation vs. agility vs. resilience

- The main obstacles to agility
- Our reptilian brain and the stress process : fear of the unknown
- Why is there differences between people (personal agility) / companies? (organizational agility)

- **The main levers for agility**
- Stress management: a prerequisite
EXERCISE: Calm and grounding
- Letting go and acceptance: my zone of control/ influence?
BODY EXERCISE TO EMBODY AGILTY: In pairs
- Accept uncertainty and complexity
-> From danger to…OPPORTUNITY
GROUP EXERCICE: discussion
- Organizational resilience tools
> rituals and simplification
-> a Culture of innovation:

Conclusion
Next steps / individual action plan

Collaboration process and monitoring:

- Validation of the objectives and the program with HR (prior interview/call): we set the objectives of the session overall but can also discuss individual objectives (together or with managers)

- After the session
A certificate of completion of training will be given to participants

Evaluation: on-the-spot by the trainer + a self-assessment questionnaire in the month following the training

Follow-up: during and after the training

Documentation provided
- pdf covering all the training
- + certain printed materials provided for face-to-face training

Educational and technical resources to provide

- Video projector: yes
- Internet connection: yes
- Tables: no
- Chairs: yes
- Paperboard and/or large veleda board: yes
- Breakout room: no
- Equipment for listening to music : no

Accessibility for people with disabilities:
For people with disabilities, contact us beforehand to find out about the possibilities of integration into this training (and possible adaptations)
Find all the regulatory information here:
https://mojom.fr/espace-entreprise/activites/formations/

Your trainer:

ALICE VIVIAN
Consultant and trainer in social innovation, stress management and corporate well-being, Founder of mojom

Speaker, consultant and trainer in stress management and well-being at work, Alice is a certified yoga teacher, practices yoga therapy and mindfulness. Passionate about neuroscience applied to the activation of talents, she combines these disciplines in order to imagine new forms of teaching based on a "head, heart and body" approach. Founder of the mojom organization and method whose mission is to provide tools and soft skills to support change. Her research subjects: "The future of work", "Toward a care society ", "Body intelligence and superpowers". She is specialized in leadership embodiment and somatic coaching. She is the author of the book, "What if the body was the key ?", Points. Complete CV on https://mojom.fr/en/on-alice/

***CONTACT** :*
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