



# NEUROLEAD

THINK GREAT, PERFORM BETTER

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ONLINE TRAINING

*Our online trainings are interactive and dynamic: practical exercises and simulations, individual reflections and exchanges in small groups.*

*The use of neuroscience and behavioral sciences in designing our solutions promotes the sustainability of learnings in real life situations.*

# TRAINING FOR MANAGERS

## POSITIVE LEADERSHIP



### MOTIVATE YOUR TEAM

MAINTAIN TEAM  
ENGAGEMENT IN REMOTE  
CONDITIONS

½ day



### SUPPORT YOUR TEAM

PROVIDE FEEDBACK  
AND RECOGNITION

½ day



### STEER MINDSETS TO SOLUTIONS MODE

ENCOURAGE GROWTH MINDSET  
TO FACE  
CHANGE

½ day  
+ 1h individual coaching



### ENHANCE YOUR TEAM PERFORMANCE

SUPPORT AND STRENGTHEN  
YOUR TEAM

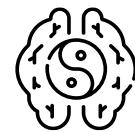
2 X ½ day



### MANAGE STRESS AND EMOTIONS

RESTORE CALM AND SERENITY

½ day  
+ 1h individual coaching



### TRUST AND PSYCHOLOGICAL SAFETY

FIRST FACTOR OF  
PERFORMANCE

½ day



TRAINING FOR TEAMS

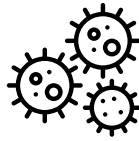
# SERENE PERFORMANCE



## TAKE A STEP BACK

TIPS AND TRICKS TO RECHARGE BATTERIES

½ day  
+ 1h individual coaching



## RESILIENCE THROUGH COVID

BUILD ENDURANCE TO FACE CHALLENGES

2 sessions of 90 min  
+ 1h individual coaching



## WORK-LIFE BALANCE

MAINTAIN BALANCE IN LOCKDOWN

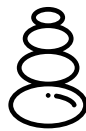
2 sessions of 90 min



## EMOTIONAL INTELLIGENCE

DEVELOP EMOTIONAL INTELLIGENCE

2 X ½ day



## MANAGE STRESS

LEARN TO MANAGE FEAR, IRRITATION AND DISCOURAGEMENT

½ day



## ADAPT

OPTIMIZE ADAPTIVE INTELLIGENCE

3 x ½ day



### MOTIVATE YOUR TEAM

MAINTAIN TEAM  
ENGAGEMENT IN REMOTE  
CONDITIONS

½ day

- Motivating your team remotely
- Activating the 8 universal motivations
- Identifying effective tips and tricks and concrete practices
- Maintaining the team spirit



### SUPPORT YOUR TEAM

PROVIDE FEEDBACK AND  
RECOGNITION

2 sessions of 90 min

- Providing effective feedback to build team capacities
- Transforming feedback in a positive and anticipated moment
- Communicating constructively on sensitive subjects
- Making use of the 5 forms of non-monetary recognition



### STEER MINDSETS TO SOLUTIONS MODE

ENCOURAGE GROWTH MINDSET  
TO FACE CHANGE

½ day

- Discovering and experiencing the Growth Mindset
- Creating a positive dynamic of learning and development for oneself and for others in this context of strong changes
- Developing a « solutions » mindset to face change
- Transforming problems in opportunities



### ENHANCE YOUR TEAM PERFORMANCE

SUPPORT AND STRENGTHEN  
YOUR TEAM

½ day

- Providing moral support to your team
- Developing the ability to take a step back
- Optimizing the adaptive intelligence of each person in the face of change and the unknown
- Maintaining ambitious challenges whilst managing the pressure



## MANAGE STRESS AND EMOTIONS

RESTORE CALM AND SERENITY

½ day  
+ 1h individual coaching

- Identifying stress within my team
- Spotting the signs of dropping out
- Having an effective method to manage the 3 forms of stress



## TRUST AND PSYCHOLOGICAL SAFETY

FIRST FACTOR OF PERFORMANCE

2 sessions of 90 min

- Understanding the relationship between performance and psychological safety
- Improving everyone's involvement and team performance
- Implementing effective tips and tricks and concrete practices



## TAKE A STEP BACK

TIPS AND TRICKS TO RECHARGE BATTERIES

2 x 90 min  
+ 1 h individual coaching

- Learning to take a step back
- Create space to reflect and take stock in general or on specific issues
- Tips and tricks to use under pressure and in general
- Practicing on concrete cases



## RESILIENCE THROUGH COVID

BUILD ENDURANCE TO FACE CHALLENGES

2 x 90 min  
+ 1 h individual coaching

- Improving your resilience in difficult situations
- Physiological aspects: sleep, pleasure, energy
- Decreasing pressure and demands



## WORK-LIFE BALANCE

MAINTAIN BALANCE IN  
LOCKDOWN

2 sessions of 90 min

- Balancing professional and private life
- Managing your energy
- Learning to compartmentalize work
- Making yourself available to one and the other



## EMOTIONAL INTELLIGENCE

DEVELOP EMOTIONAL  
INTELLIGENCE

2 X ½ day

- Identifying emotions
- The 5 functions of emotions
- Determining the needs behind the emotion
- Learning to manage emotions



## MANAGE STRESS

LEARN TO MANAGE FEAR,  
IRRITATION AND  
DISCOURAGEMENT

½ day

- Identifying and understanding stress
- Decreasing its intensity
- Switching to adaptive intelligence
- Developing acceptance and taking a step back
- The CUNE method



## ADAPT

OPTIMIZE ADAPTIVE  
INTELLIGENCE

3 x ½ day

- Developing the flow: involved but without stress
- Identifying and understanding your different mindsets
- Optimizing your intelligence: curiosity, adaptation, rationality
- Efficient decision making



# Leadership cursus

## Complete training in Positive Leadership

Foster your leadership attitude and mindset, develop self-awareness, encourage Growth Mindset and stay lucid and effective under pressure **2 days**

Motivate your team, build trust, provide recognition, engage fully **2 days**

Lead your team, foster intelligence, resolve conflicts, provide effective feedback **2 days**

+ 2 x 1 hour of **individual coaching**

Training provided in **full or partial** program.  
Our teachings are illustrated by **neuroscience**.  
In video, the sessions last **3h15** and include exercises, exchanges in small groups and situational scenarios.



# OUR REFERENCES



## CONTACT

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