



Training workshop

Pour qui ?

For existing or starting teams, which want to develop their collaborative power, their solidarity, their ability to change and adapt themselves to the world changes.

prerequisite

The will to get involved in a change dynamic

The coach

Denis Thuillier, founder of Champions Strategy

- Certified coach from Stratégie de la réussite (success strategy) since 1998
- Certified high performance coach, (High Performance Institute), since 2015

One day workshop

- 1 workshop day (lunch included) 9h-17h (7 hours)
- 1 guide on how to use daily life as a training field.
- 1 online coaching meeting

Multiple applications : let's study together your needs.

« Customized »

Contact us for a customized program

- For conventions, lectures, or speaking appearances.
- A 2 days workshop tailored to your objectives.
- A complete training including workshops, self training, on line coaching or face to face coaching.

Date and location

Please contact us

Informations

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Train your team for high performance

The high performance team training vocation is to make the collective talent higher than the sum of individual talents.

Learning and training aim at producing observable changes in daily life, in mental attitudes, individual and team behaviors which will last and resist pressure.

Team performance is always based on individual performance, and thus intertwined with mastering self management skills by each member team.

Syllabus

● The skills of collective efficiency

- Create a 1+ 1 = 3 dynamics which make the team collective talent, higher than the sum of individual talents.
- Discover the process to set one's team in a process of learning and continuous improvement.

● Master managerial behavior

to better develop one's teams performance :

- Become aware of one's mental attitudes, emotions, and behaviors and their influence on others.
- Acquire self control to manage pressure and unexpected before they turn into negative stress.

Day program

● Before the workshop

A survey to personalize the day to each individual needs, and to identify the team vocation, it's goals and change ambitions or the key blockages to overcome.

● Set the team in a learning and continuous improvement process.

Toward client satisfaction :

- The main mental attitudes, behaviors and relations which limit collective performance.
- The common skills to develop cooperation and to produce higher results.
- The evaluation practice to develop one's ability to learn from actions and experiences.
- Learn to come up together with constructive solutions, after success or failures.

● The accountability principle.

- Stop exporting negative stress and optimise relationship between each staff member.
- Understand the basic mechanism of self confidence, key to success.
- Learn to prevent psychosocial risks, musculoskeletal disorders and burnout.
- Improve performance in harmony and pleasure.
- maintain balance between personal and professional life.

● The art of training

● Manager goal :

Train to implement the three levels of team efficiency process : relationship quality, involvement in group quality, process execution quality.

● groupe members goals :

- develop co-regulation and dialog by being able to :
- Analyse one's mental attitudes toward others and toward projects.
- Identify self behaviors and emotions impact on others.
- s'approprier l'objectif et les processus par un comportement orienté équipe et projet.
- assume ownership of the goals and action processes by being people oriented.
- develop a common language and an efficient quality process.
- being a force to bring solutions and energy.
- At the end of the workshop the team will be able to :
- Use meetings as training fields to make progress in their behaviors, relationships and team processes.
- plan and structure a training strategy
- hold it firmly despite pressure.

● After the workshop

Distance coaching session to accompany the team and it's training start.

Teaching method

● Success Strategy®



Method created by Philippe Leclair, former cross running world champion and mental coach for

Olympic teams

This training method has trained

- About twenty French National teams for 20 years
- French, European, World and Olympic champions.
- And more than 20 000 managers and CEOs during the same time.

● In situation trainings

Theory is associated with lots of on the field situations involving body, mind and emotions.

With the possibility to repeat exercises, everyone learnt at one's pace and make progress effortless.



● Knowledge transfer toward daily company life.

Each exercise best practices are identified and adapted to the company daily life.

● The art of training

Since habits are deeply rooted, it's necessary to proceed on a structured way, to get new daily skills. Training deals with constant repetition of new attitudes and behaviors, in order to master them whatever the circumstances and level of pressure.

It's not a question of taking added time in already busy days, but to insert this training in the most current activities. Meetings which are frequent and not often with added value, are a fantastic opportunity to repeat behavior and mental attitudes which promote collective efficiency.

● The sport metaphore

The sport metaphore is used as a tool to raise the awareness of mental impact on our daily well being.

For the athlete, the first adversary is not his competitor nor the environment but what's going on in one's mind : it's mental.

We are all similar to those athletes and our mental is adding to

- Our self confidence,
- Our reactivity potential
- Our ability to set up positive relationships.

Our mental builds up our ability to adapt to change, to manage pressure and to make progress while maintaining health capital.

Master one behavioral and relational skills is a key asset which enable us to express all our potential in any circumstances, without being disrupted by pressure.

Denis Thuillier : formateur et coach

I've always been passionate by teaching and passing down experience to others. After graduating with an MBA, I created a business school which I ran for 12 years.

I was blessed during all these years with the fantastic human adventure to get people aware that they are able of much more than what they think. To make them doing progress in which nobody believed even themselves, until getting them to challenge the bests and give them the means to win.

I've known great successes, and a painful failure when I had to close the school. It kept me going during two years between idleness and depression.

Then I bounced back and I followed Philippe Leclair's Champions Program to become a high performance coach. I then widely promoted the skills which have in common those who experience



outstanding success. Now I train others to practice mental attitudes and behaviors which I apply to myself, and which enabled me along my life to achieve new challenges. I've developed companies before turning 25, and the challenges I took up during all those years allowed me to understand, living it by myself, that to think big, I first needed to always be more perspicuous with myself.

I've always been involved in hobbies which requires to surpassing oneself like running and lyric singing as a solist. I've devoted my professional life these past 30 years to give people means to go beyond their limits, achieve their ambitions while strengthening their self-balance.

- MBA Hartford : marketing and organizational behavior

The training return on investment

Each participant will have learnt to become autonomous in improving his skills by being able to :

- Incorporate training in one's daily life to produce observable and measurable behavior changes.
- Set progress training objectives by learning from daily life situations.
- Planifie and organize a daily training strategy.

A high performance training center

The success strategy training center, by Fontainebleau near Paris is a unique and précurseur place.

CEOs train there just like high level athletes, and learn :

- To strengthen their mentally controlling their thoughts,
- To manage their emotions and better focus.
- To use their body as a key in stressful situation.

Workshop can be organized elsewhere, but exercises will always adapt to the context with the same powerful teaching impact.