



Training workshop

For who

Any one who needs to manage staff, and wish to develop team performances.

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 :

denis@champions-strategy.com

Move from manager to team coach

This workshop aims to

- discovering how 4 keys of performance : mental, physical, emotional and relational, interact together to produce performance in the organisation, as well as in sport or any other field.
- training to implement them daily for oneself and to create dynamics to make the team expertise higher than the sum of individual talents.

Syllabus

● Set one's team in a project dynamics

- being able to move from being expertise oriented to team and training oriented.
- create a $1 + 1 = 3$ dynamics which make the team collective talent, higher than the sum of individual talents.
- discover the process to put one's team in a logic of continuous improvement and learning as well as permanent training.

● Self management skills

to become an example :

- become aware of one's mental attitudes, one's emotions and one's behavior in order to :
- acquire self control to manage pressure and unexpected, before they turn into negative stress.
- place oneself in a change dynamic.

Day program

● Before the workshop

A survey to personalize the program to each individual needs.

● Set one's team in a project dynamics

Create a $1 + 1 = 3$ dynamics which make the team collective talent, higher than the sum of individual talents.

- identify fundamental team skills, to manage and achieve goals.
- set common guidelines to develop team dynamics.
- discover the process of continuous improvement : Prepare - Act - React to results - Evaluate - Recover.

● Self management skills

- become exemplary by releasing an energy of trust, pleasure and calm to others.
- become conscious of the behaviors influence on personal and managerial efficiency.
- become conscious that mental representations are as many brakes or drivers for change.
- know to manage oneself to better manager one's stress and others stress.
- be able to set up oneself in a training and change dynamic.

● use meetings as training fields

Time spent in meetings will be valued to integrate new skills in every day life.

- set common guidelines for common language, behaviors, skills and action process.

● After the workshop

Distance coaching meeting to guide the trainee in starting his/her training.

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.

« **Manage as a coach**
it's to impart trust, pleasure and energy »

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 perspicacious 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.