

# PROFESSIONAL PRODUCTIVITY AND PERSONAL EFFICIENCY

The challenge for any professional is first and foremost is to manage their time and their priorities.

Propulse formation will contribute to your leadership development, your relationship skills and your strategic communication skills. Productivity results from the right way to manage priorities. This means how to well manage yourself and others. This is why this unique program is divided into two parts:

1. Learn how to manage myself
2. Learn how to manage others.

**Coaching to work better instead of more!**

## Our guarantee

This coaching program guarantees a gain of 5 to 10 hours/week, or two to three months/year.

The program consists of 8 to 10 meetings every 2 weeks, during which you will have to clearly define your goals so you can then turn them into actions. These repeated sessions will allow you over the weeks to incorporate winning work habits.

## Our Commitment

- Increase Productivity And Profitability
- Define And Clarify Your Short And Long Term Goals
- Optimize Your Time By Defining Your Priorities
- Switch From Reactive Mode To Proactive Mode
- Develop Your Decision-Making Power
- Improve Your Managerial Courage
- Learn To Delegate
- Communicate Effectively And Calmly
- Motivate Your Team And Increase Well-Being At Work
- Improve Your Quality Of Life By Reducing Your Stress Level.

## DURATION

This coaching includes 8 meetings of 3 hours, every 2 weeks (about 4 months)

## AUDIENCE

Any professional, manager and entrepreneur who seek to achieve, through an accelerator process, their business objectives while improving their management skills.

As experts in training and coaching, Propulse formation's mission is to assist you in developing and perfecting your interpersonal and strategic skills in the areas of business development and sales.

Whether you're looking for effective negotiation tools, proven productivity and time management strategies, communication techniques to detect your buyer's style, or how to run effective meetings, our courses will lead you to take action and propel you to YOUR results!

From analyzing your challenges to offering personalized learning solutions, Propulse Formation offers a complete range of courses, focusing on developing your skills, transferring knowledge and putting it all into practice.

### What sets us apart:

- The exceptional value of our courses and workshops
- The incomparable quality of our training content
- The expertise and experience of our team of trainers / coaches
- The excellence of the customer experience we provide.

Our ambition is to be recognized as the leading experts in interpersonal and sales skills and serving our clients across Canada.

APPROVED BY **EMPLOI-QUÉBEC** - GRANTS UP TO 50%

More information at [www.propulseformation.com](http://www.propulseformation.com)  
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