

WORKSHOP « LIFESTYLE »

Duration: According to your needs – ½ day or full day.

Location: Hotel, Fribourg Office.

Cost: Contact us at info@faconsulting.ch or by phone.

Langues: E, F, D, I.

Specific « à la carte » Coaching: Upon request.



«Self» Mission

Goal: Progressing with your objectives

- Self Portrait – present/future
- Life achievements
- Life targets and aspirations
- Personal needs & goals
- Gap Management
- Balancing
- Health, Fitness, Resistance
- Stress management
- Positive living
- Relaxation techniques

Communication and interaction

Goal: Improving communication

- Verbal and non-verbal communication
 - Listening skills
- Emotional management
- Communication style
- Living with others
- Affirmative skills
- Empathy
- Expression

Social and Emotional skills

Goal: Establish your score card

- Life skills
- Roles
- Affiliations
- Hobbies and Personal Interests
- New learning inventory
- Social network
- People perception
- Values, Moral and Ethic
- Experience capitalization
- Making good choices



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COACHING