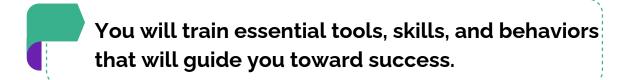


# KNOW YOURSELF AND (R)EVOLVE YOUR WORK

Develop your personal and professional growth through small, real, practical, and everyday changes in your work environment, along with deep and constructive selfassessment, to become more efficient and happier in your life.







# **BENEFITS OF THE PROGRAM**

- Improve Your Self-Awareness.
- Develop Your Resilience.
- Increase Your Productivity.
- Manage Your Time Effectively.
- Control Your Sources of Stress.
- Increase Your Emotional Intelligence.
- Enhance Your Focus & Concentration.



## **SELF-AWARENESS**

Improve your performance

Make better decisions

Know Yourself

# **GET THINGS DONE**

Collect all tasks and ideas

**Sort & understand the tasks** 

Organize & prioritize tasks

Reviw progress & adjust plans

Complete task efficiently

#### STRESS MANAGEMENT

**Recognize stress** 

**Understand how brain & body works** 

Manage your stress

Maintain a healthy livestyl

# **EMOTIONAL INTELLIGENCE**

**Identify your emotions** 

Manage your emotions

**Enhance empathy & compassion** 

Develop social skills

# TIME MANAGEMENT

**Identify important tasks** 

Organize tasks & deadlines

Delegate tasks to others

**Reduce distractions** 

# MORE FOCUS, LESS MULTITASKING

Understand the cost of multitasking

Enhance the power of deep focus

Train your mindfulness

Design your success routine

# **INFORMATION**

**Duration**: 20 hours.

Modality: in-person, online or hybrid.

This program is fully CUSTOMIZABLE to fit your specific needs.

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# TAKE YOUR PERFORMANCE TO THE NEXT LEVEL

This is the boost you need to transform your professional life from the ground up. By connecting with your values, identifying your strengths, and managing your internal resources, you'll be able to face workplace challenges with confidence and clarity.

We'll take you from reflection to action: you'll discover how to improve your organization, manage your time effectively, and build more collaborative and productive work relationships. You'll leave inspired and ready to apply these revolutionary tips & tricks to your daily life. Your next level starts here!

## WHO ARE WE?

We are Talent Paradise PCAS, a consultancy specialized in cultural, organizational, and commercial (R)evolution. With over 20 years of experience in Human Resources, we help companies adapt to the changing demands of new generations and emerging technologies, creating true Talent Paradises.

## **OUR PHILOSOPHY**

We believe in empowering everyday leadership, embracing organizational happiness, and strengthening management strategies based on merit, objectivity, and well-being. We hold the keys to turning challenges into results.

# THANK YOU FOR YOUR ATTENTION!

Our team is here to answer your questions, tailor a proposal to your specific needs, and provide you with more details about our programs.

## Let's create a Talent Paradise together!







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