

CONTRESENS

GROUP PROGRAMME · 12 WEEKS

Leadership

Delegate.

Decide.

Communicate.



CLARITY

ALIGNMENT

DECISION

ENDURANCE

Leading does not mean *doing everything yourself.*

A small-group programme for executives, managers and entrepreneurs who want to delegate, decide and communicate with greater clarity.

WHEN TO JOIN THE PROGRAMME

- You still do what your team could do.
- Decisions wait, for lack of time or perspective.
- Your meetings and talks lack impact.
- You want to progress with peers, in a confidential setting.

THE RESULT

A personal action plan, built over twelve weeks and put into practice in your day-to-day work.

WHO IT IS FOR

Executives · Managers · Entrepreneurs

Move from doing to steering.

Six themes, *one action plan.*

The programme alternates group sessions with practice between sessions. It is led by Emmanuelle Miceli.

WHAT THE PROGRAMME WORKS ON

01 Leadership stance

03 Priorities

05 Communication and public speaking

07 Personal action plan

02 Delegation

04 Decision-making

06 Management

WHO DOES WHAT

CONTRESENS

Leads the sessions, holds the framework and supports each action plan.

You

Take part, experiment between sessions and decide on next steps.

The group

Shares, questions and keeps what is said in session confidential.

Four stages, *a clear path.*

01

OPENING

A one-to-one meeting to set your goals.

02

SESSIONS

In a small group, in Luxembourg or by video call.

03

PRACTICE

Real situations in your day-to-day work.

04

REVIEW

A one-to-one meeting and your action plan.

WHAT YOU TAKE AWAY

- Your written goals
- Your delegation and decision tools
- Your personal action plan
- A one-to-one review

The session calendar is shared before the start. A group starts once it is full.

CONTRESENS LEADERSHIP · 12 WEEKS

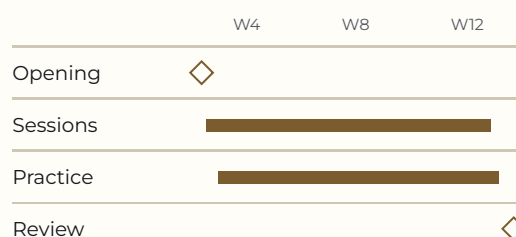


ILLUSTRATION · INDICATIVE CALENDAR

Two ways *to join the programme.*

AS AN INDIVIDUAL

On request

You enrol and sign the contract.

THROUGH YOUR COMPANY

On request

The company enrolls one or more employees. It receives no content from the sessions.

The price is shared after the first meeting, which is free and with no commitment.

LENGTH

Twelve weeks.

GROUP

Small, size set before the start.

THE PROGRAMME FRAMEWORK

- What is said in a session stays in the group.
- Neither therapy nor medical or psychological support.
- No guaranteed result: the programme relies on your commitment.
- Referral to a health professional where the situation requires it.

Tell us about *your situation.*

A first meeting lets us check that the programme suits you, before any commitment.

WEB	www.contresens.eu
EMAIL	contact@mapasynergy.lu
PHONE	+352 691 113 018 · +33 6 63 67 10 91
WHERE	Luxembourg or video call



Book
a first meeting

CONTRACTING ENTITY

MAPA SYNERGY S.à r.l., trading as CONTRESENS · 26 rue du Commerce, L-3450 Dudelange · RCS Luxembourg B241974 · VAT LU31988923.

THE COACHING FRAMEWORK

Coaching is neither therapy nor medical or psychological support. It carries no guarantee of results. Referral to a health professional where the situation requires it.

Presentation document. The applicable terms are those of the signed contract.