

Two evenings to learn to cope with difficult personalities

We were born into a world called “family of origin” ; this 'world' had its beliefs, values, joys and fears.

To adapt to this world, we have developed skills but also suffering.

All of these skills and sufferings define what we call our 'personality'.

When the skills thus developed predominate, the person is pleasant to cope with.

When suffering predominates, the person becomes difficult to cope with; she is then called a 'difficult personality'.

DURING THIS TRAINING:

- You will learn how these different "worlds" guide the construction of various personalities (obsessive-compulsive, paranoid, etc.)
- You will learn to identify the different traits of the personalities around you (family, colleagues, clients, etc.) and know how to relate to them when they are difficult to cope with.

THIS TRAINING IS FOR:

To my firm's partners

To the clients of my practice

Anyone wishing to know how they built their personality, to use it as a diagnostic approach and to understand how to behave with the different personalities around them.