

Alpha Omega Sessions: examples for public or private usage, as needed

Public usage – 1hr session on a specific topic of interest

Organization styles: from hierarchical to matrix to network, a healthy mix! Why have organizations made such an evolution in the recent past? Where do organizations come from? How do we find the right balance between the different styles?

Well-being: an important topic that involves learning to balance one's life, pinpoints some simple techniques to live and feel better. We cover grounds going from sleep to jet lag and stress factors and can extend into how to fight 'back aches'...

The human dimension of organizations: if three dimensions are typically at stake (technology, finance and people), we have just entered a time where the latter comes forth; demonstrated over a period of 210 years, 30-year cycles bring forth each of the three in a regular ADN-style cycle.

Collaboration: a big topic that forces people to think through the basics of inner-working of any organization. If the word may have had some pejorative meaning in the war, it is suddenly propelled to the heights of organization wisdom.

Communication, a modern way: do you know the basic rules of running a meeting or communicating through mails? Have you thought of the most effective and sound bases to be productive in both?

Crisis and creativity: time to bring creativity in the forefront; if most companies do not know how to get the best out of the current crisis, it is time to react!

Transform and act: it is not the most powerful neither the most intelligent that shall survive, said Charles Darwin, it is the most adaptable to change.

Private usage – 2-3hr session with exercises amongst participants

Decision making, the proper way: it is not rare to have organizations making decisions on authority whereas the current culture calls for participative management, but how do you establish the proper decision making process and get the best out of the population at stake?

Centering 'yourself', the way of the Ki: productivity comes from the power of our energetic center, the Hara, the breathing of wise people and the concentration of our spirit. This is typically done with a master in Aikido, a martial art from Japan.

Cohesion through inter-knowledge: communication, cooperation and communion in the current day and age can be achieved through some basic inter-knowledge practice that helps people to open up and share some of their basic traits with others.

From SMART to SENSIBLE, a new leadership paradigm: Everyone remembers the SMART acronym to talk about strategic objectives in corporate planning; how about adapting this to the new era we are entering? We are hereby proposing SENSIBLE objectives...

Assertiveness: do you want to learn about ways of getting through and allowing your idea to become paramount? Assertiveness is the key: find out about your assertiveness level and how you can improve it through inner-knowledge.