

# ***TLP-Navigator II Certification (1 day)***

*Facilitating seminars on self-knowledge and personal development, using the body, the voice, the space and actions in relation to others.*

The Level II Certification - which must be preceded by the Certification Level I so that individuals already have experience of the Talents profiles – challenges TLP-Navigator consultants to experiment with behavioural and relational practices likely to boost their personal and managerial development sessions.

Level II responds to the desire of consultants to take more physical, practical and creative approaches, and of the participants to be able to exercise and experience things in an existential and not just intellectual way.

TLP-Navigator consultants learn to use behavioral approaches (staging, role-playing) to enable participants to recognize their specific strengths and develop previously unrealised resources (ref. Talents profile). A Structured participant, for example, has the opportunity to experience the advantages of his/her preference, but also understands how he may hinder them and understand there are certain situations where it is better to adapt and let some things go. The Introvert guy will appreciate being able to cut himself off from the outside world, but also understands strength and pleasure in establishing close and natural relationships with his/her colleagues, environment etc.

The goal is also to take the participant out of their comfort zone, so that he/she discovers, experiments and integrates with other resources and modes of operation that they've previously disliked or systematically avoided. For example, proximity for the person who prefers distance, proactivity for someone who prefers reactivity, imagination for the realist, extroversion for the introvert, or vice versa.

During the training, the consultants themselves experiment with various exercises before leading them.

## **Public**

Consultants, trainers, coaches, wishing to acquire innovative animation tools that engage participants to work on their behaviors, get out of their usual ruts, and experiment with new possibilities.

## Objectives

1. Have the participant broaden their comfort zone so that they experience their personal preferences and talents, and build self-confidence.
2. Invite the participants to experiment with their minor functions and their gray areas.
3. Make consultants use the observation and analysis tools that allow them to recognize the individual preferences at work from reading physical language, spatial and relational behaviors.

## Teaching methods

Games, exercises, simulations by groups of close or distant Talents: theater, dance, music / feedback, camera / reading grids, methodological tools.

## Typical sequence

1. Practical exercise
2. Participants then facilitate the exercises themselves.
3. Feedback, analysis.

The exercises allow the consultant to observe, identify and comment on dominant preferences and attitudes at work, and the participant to become aware of his preferences and behavioral expressions.

## Program

1. Presentation: content, method, objectives, protections (not sure – protections?) to be assured, links with the TLP-Navigator I Certification
2. Start-up exercises: intended to put the participants at ease reveal the most salient features of their personality
3. Exercises of expression and recognition of preferences
4. Personal development exercises: work on areas of doubt and discomfort, explore the sidings, strengthen the meta position. Games with the polarities Introversion - Extroversion, Experience - Ideas, Reasoning - Feeling, Structure - Flexibility or, more globally, switch between the different yellow, red, blue or green fields of the TLP-Navigator model.

## Achievements

At the end of the two days, TLP-Navigator II certified consultants

- have acquired new tools to put into action and apply the knowledge acquired during Certification I
- know how to facilitate the different exercises that lead to the activation of the Jungian functions and of personal development: briefing, animation and debriefing
- have worked on their own comfort and discomfort zones
- have lead exercises and role plays, with methodological support.