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L'intelligence du cœur

Travailler confiance en soi, créativité,
relations, autonomie



L Intelligence Du Coeur Psysanteacute

Jacques Benoit



L Intelligence Du Coeur Psysanteacute:

L' Intelligence du coeur Isabelle Filliozat, 2014-04-01 Apr s le r gne du Q I on d couvre aujourd'hui l importance des motions essentielles pour communiquer et convaincre L intelligence du coeur fait toute la diff rence Anxi t honte d pression violence et solitude Et si tous ces maux avaient une cause commune Et s il y avait une alternative aux comprim s tablettes et g lules que nous consommons pour nous calmer nous aider dormir nous mettre du baume au coeur A l cole on enseigne l histoire la g ographie les math matiques et qu apprend on sur l affectivit Ne serait il pas aussi utile d avoir quelques notions sur les tapes du deuil la col re et la r solution non violente des conflits que de savoir par coeur 1515 Marignan Il est temps de mieux comprendre nos motions pour les g rer efficacement L urgence est affective Aujourd'hui comp tences techniques et QI lev ne sont plus insuffisants pour r ussir La confiance en soi la cr ativit l aisance relationnelle et l autonomie font la diff rence Dynamiques de r seaux interd pendance le d fi du mill naire nouveau qui s avance est celui de la coop ration L intelligence du coeur intelligence relationnelle et motionnelle est l intelligence de demain Isabelle Filliozat est psychoth rapeute Certifi e clinicienne en analyse transactionnelle et ma tre praticien en programmation neurolinguistique elle travaille sur les motions depuis une vingtaine d ann es

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