



**How to tell them?
Getting to know yourself
and others better
with Process Communication**

Develop your way of being in contact

Take your communication and your leadership to the next level!

With this training, develop:

- ✦ More fluid relationships
- ✦ Impactful leadership
- ✦ A stronger ability to handle delicate situations

Training objectives

Day 1 & 2 – Communicating with impact

- Discover your PCM Personality Profile
- Identify your own communication styles
- Understand others and adapt your communication
- Manage emerging tensions and conflicts
- Improve cooperation and team dynamics

Day 3 – Deepening & Leadership

- Refine your skills in decoding behaviors
- Effectively manage stress-related behaviors
- Detect substitute emotions and hidden signals
- Respond to psychological needs to re-engage and mobilize people

Who is this training for?

- ✦ Managers, leaders, project managers
- ✦ Coaches, trainers, consultants
- ✦ Professionals looking to develop their interpersonal communication
- ✦ Anyone wishing to interact with greater clarity and effectiveness

Why Process Communication?

The **Process Communication Model (PCM)** is a globally recognized model, used by thousands of professionals worldwide.

This training will enable you to:

- ✓ Better understand yourself and others
- ✓ Adapt your communication more effectively
- ✓ Strengthen your leadership skills

With our training, you will go through all the essential steps to:

- ✓ Decode personality types and adapt your messages
- ✓ Prevent and manage tensions and conflicts
- ✓ Develop your leadership posture and mobilize your teams
- ✓ Manage your own stress and that of others for greater calm and effectiveness

What makes this training stand out

- A simple model that can be applied immediately
- A comprehensive journey: discovery + advanced development
- Practical, real-life situations and exercises
- Better stress management for yourself and others
- A powerful lever to enhance team engagement

Dates des sessions 2026

- 9, 10 et 13 mars (français)
- 18, 19 et 22 mai (français)
- June 15th, 16th, and 19th (in English)
- 19, 20 et 23 octobre (français)
- 23, 24 et 27 novembre (français)

Lieu : Technoport SA, 9 Avenue des Hauts-Fourneaux, L-4362 Esch-sur-Alzette. Lieu

Ready to get on board?

Contact me to plan your personalized journey
(*training + individual preparation session*).

Contact

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Participant testimonials

An outstanding program, capable of transforming complex concepts into simple and powerful tools. This training doesn't just "teach": it awakens, challenges, and encourages everyone to give their very best. A true source of inspiration.

L. P., Entrepreneur & Coach

Beyond the tools shared, it is the caring posture and the contagious energy that leave a lasting impression. This training brings participants together, encourages meaningful exchanges, and creates a safe space where everyone can express themselves and learn. A rich and motivating experience.

S. D., HR Project Manager

An exceptional training that combines innovative concepts with concrete, hands-on practice. Every moment is designed to foster reflection, dialogue, and skills development. You leave with powerful tools and a fresh perspective on professional challenges.

V. D., Director of Operations

We would like to warmly thank Christophe for the quality of his support throughout the training. This experience was particularly rich and transformative: it enabled us to develop a deeper understanding of ourselves, both personally and relationally. The posture, clarity, and depth of the approach were unanimously appreciated by all participants.

I., Training Manager