DIVITY
MAÎTRISER LES TECHNIQUES. PROTÉGER LA VIE.

NEW · 1 day · Part 1 of 2

# Give Your Team a Voice



Emotional intelligence, communication and team cohesion

**Your teams work together every day. Do they really understand each other?**

One day to communicate better, cooperate better... and experience it together.

MORNING · 5 H

## Understand each other, communicate better

Skills training: theory and practical exercises

1. **Emotional intelligence**
   Understand your emotions and how they influence your interactions.
2. **Effective communication**
   Adapt your message and help others understand it.
3. **Active listening**
   Listen, rephrase and understand the other person's needs.
4. **Cooperation**
   Encourage exchange and collaboration within the team.

AFTERNOON · 3 H

## Then experience it, together

3 h of hands-on practice · The Cinebox Experience, a voice-dubbing workshop

You don't just learn: you put it all into practice, together, with a clear skills goal. A shared experience built around speaking, listening and coordination.

Discover it on page 25 →

## WHO IS IT FOR?

Employees and teams who want to develop their interpersonal skills and strengthen team cohesion. Companies that want to combine skills development with a shared team experience.

## ONE DAY, THREE RHYTHMS

- Morning (5 h): theory and practical exercises
- Afternoon (3 h): collective, hands-on activities
- Throughout the day: discussion and sharing of experiences



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Booking and contact
**https://divity.lu**

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# The Cinebox Experience

## And what if your team lent its voice... together?

## Voice dubbing, team edition.

After 5 hours of skills training comes a 3-hour hands-on workshop: as a group, you listen to each other, coordinate and dare to speak up, putting what you have learned into practice together. A fun activity that encourages interaction and team cohesion.

**Speaking** | **Listening** | **Coordination** | **Team cohesion**

### WHAT YOUR TEAMS TAKE AWAY

- Identify your emotions and understand how they influence working relationships
- Adapt your communication to different situations
- Use active listening techniques
- Develop cooperation and coordination within a group
- Encourage positive interactions and strengthen ties between colleagues
- Share a collective experience in a fun, friendly setting

## Ready to give your team a voice?

Let's talk about your team: dates, venue and how the day will run.

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Full day, 8:00 am – 5:00 pm · 15 participants maximum · Company rate: €2,150 excl. VAT · In Leudelange (6 rue du Château d'Eau), at the Cinemalux premises or at your premises