




# LEADING THE WAY: INNOVATIVE LEADERSHIP TRAINING

by *Soufiane El Alaoui*



Leadership  
Workplace well-being  
Toxic management prevention  
Stress and demotivation management  
Imposter syndrome  
Emotional intelligence  
Conflict management

[WWW.SOUFIANEALAOUI.COM](http://WWW.SOUFIANEALAOUI.COM)

[contact@soufianealaoui.com](mailto:contact@soufianealaoui.com)

+212 6 65 76 73 13



# SPEAKER



- Engineer from **Arts et Métiers ParisTech** and **CFA Charterholder**. Former **Investment Banker** and **Private Equity** Manager.
- Currently working as a **leadership consultant**, retrained as a **Cognitive Behavioural Practitioner** and Life Coach certified by the *Academy of Modern Applied Psychology* in Ireland.
- Professional **e-learning instructor** on international platforms for an audience of **more than 10,000 participants** on various issues (soft skills, leadership, toxic management, etc.).
- **Personalised coaching** (one-to-one, workshops, seminars, etc.): stress management, demotivation, toxic relationships (professional or personal), self-esteem and self-confidence, procrastination, career transition, prevention of toxic management, etc.

They trust us

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 SCRIBD

 AMPHY

 ESPRESSO  
TUTORIALS

 MICHAEL  
MANAGEMENT

# TRAINING AND MENTORING OFFER

## ON-SITE OR REMOTE

### SEMINARS & WORKSHOPS

**Executive and management training** in workshops, seminars/webinars or group sessions on **relevant topics** such as:

- Leadership and productivity
- Well-being in the workplace
- Prevention of toxic work environments
- Stress and emotional intelligence
- Empathy and collaboration
- Imposter syndrome
- Relationship management, communication, feedback and assertiveness
- etc.

### INDIVIDUAL SESSIONS

- **Referral** within the company for a personalized coaching of **managers** and **executives**
- **Individual** and **Confidential** Sessions



## E-LEARNING

- On-demand training courses for employees across the company
- Integration with the company's LMS facilitated by fully dematerialized content
- Example of **suggested topics**:

#### BECOMING AN EMPATHETIC LEADER

Discover your listening and communication problem, improve your empathy, manage conflicts

#### OVERCOMING IMPOSTER SYNDROME

Overcome self-doubt and build self-confidence to advance your career and take on new roles

#### EMOTIONAL INTELLIGENCE

Manage your stress, anger, demotivation, control your mind and negative thought patterns

#### EFFECTIVE LEADERSHIP

Adapt your leadership style, delegate effectively, give constructive feedbacks, motivate your team members

#### ASSERTIVE COMMUNICATION

Conflict management and resolution, assertiveness and anger management, avoid misunderstandings

#### WORK-LIFE BALANCE

Manage your time, become more organised and productive, overcome procrastination



# PARTNERS



## udemy business™

- More than **10,000 people trained** for a B2C (Udemy) and B2B (Udemy Business) audience
- E-learning courses available for major companies: **IBM, Thalès, Deloitte, Samsung**, etc.
- Member of the **Instructor Partner Program** (c. 330 instructors on 72.000+)



- SAP e-learning training platforms that include a **soft skills** component
- Mainly B2B customers for an audience of over **150 people**



- **Published author** of a book on **managing toxic relationships** (at work or in our personal life)
- Available as an **e-book** and **audiobook**



- Remote training and webinars platform
- Professional (team management, career transitions, etc.) and personal (self-confidence, stress management, etc.) issues addressed