

# Soft skills (SOFT501\_BCICY)



Composante  
IAE Savoie  
Mont Blanc

## En bref

- › **Langues d'enseignement:** Français, Anglais
- › **Méthodes d'enseignement:** En présence
- › **Forme d'enseignement :** Travaux dirigés
- › **Ouvert aux étudiants en échange:** Oui

## Présentation

### Objectifs

Gain familiarity with a diversity of approaches to personal, interpersonal and professional development to hone skills for collaboration

### Heures d'enseignement

TD	Travaux Dirigés	19,5h
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### Pré-requis obligatoires

B1 level in English  
Curiosity about and motivation for personal and professional development

### Plan du cours

Team building and cohesion – giving and reciprocity

Reflexivity and storytelling

Goal-setting and visualization

Emotional intelligence and regulation

Intercultural communication

Feedback and gratitude

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## Compétences visées

Honing skills for personal and professional growth and collaboration in diverse groups

Reflexive learning

Communicating about inspiring stories in engaging ways

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## Bibliographie

Cooperrider, D. & Whitney, D. D. (2005). *Appreciative Inquiry: A Positive Revolution in Change*. Berrett-Koehler Publishers.

Grant, A. (2013). *Give and Take: Why Helping Others Drives Our Success*. Penguin.

Rosenberg, M. B. (2015). *Nonviolent Communication: A Language of Life* (3rd ed.). Encinitas, CA:

PuddleDancer. Winch, G. (2013). *Emotional First Aid: Healing Rejection, Guilt, Failure, and Other Everyday Hurts*. United States: Penguin Publishing Group.

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## Infos pratiques

### Lieux

› Chambéry (domaine universitaire de Jacob-Bellecombette - 73)

## Campus

› Chambéry / campus de Jacob-Bellecombette