

Introduction au Mind Mapping

Unipop, 22 février 2017,

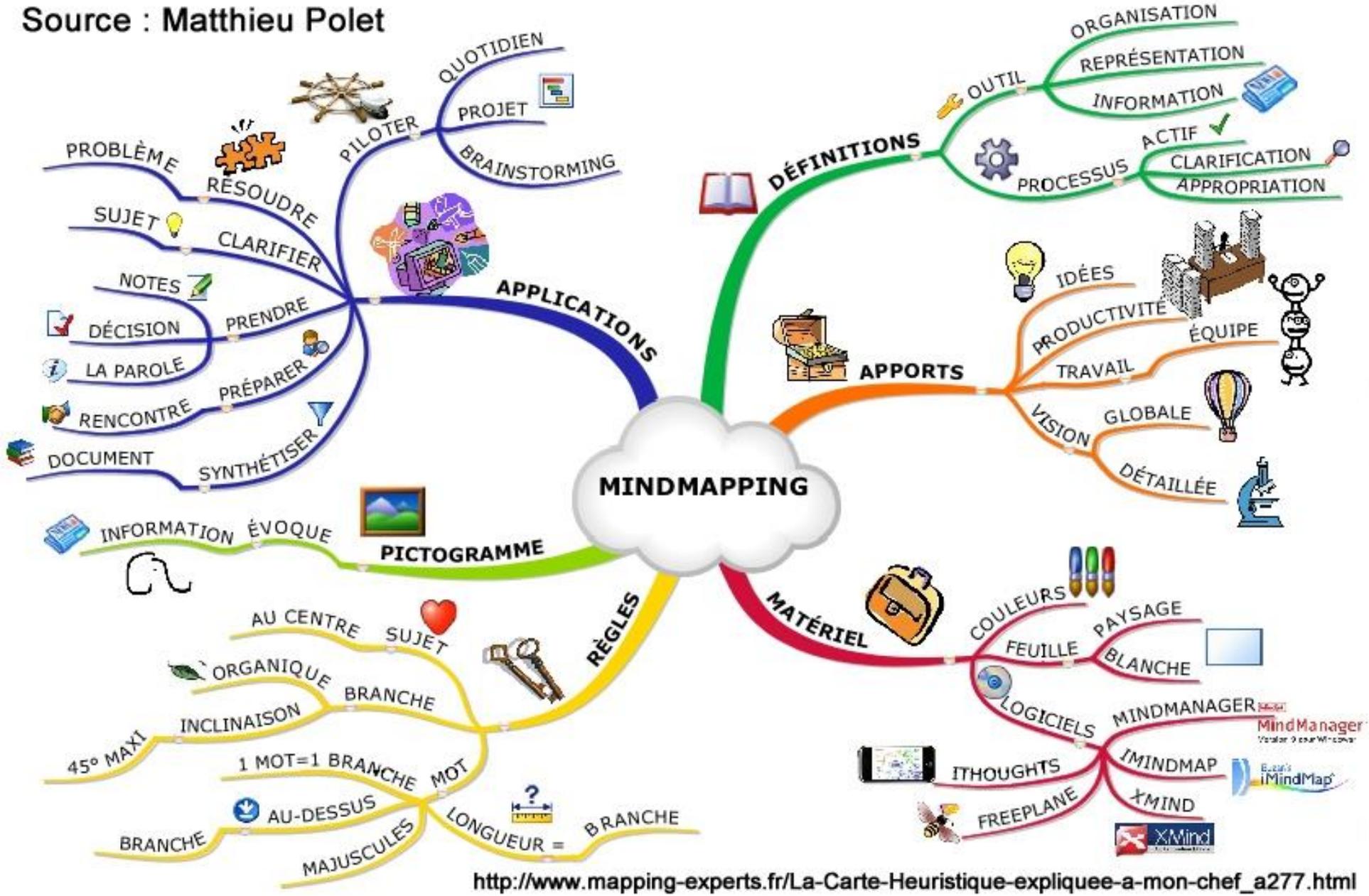
Jean-Pierre Rey

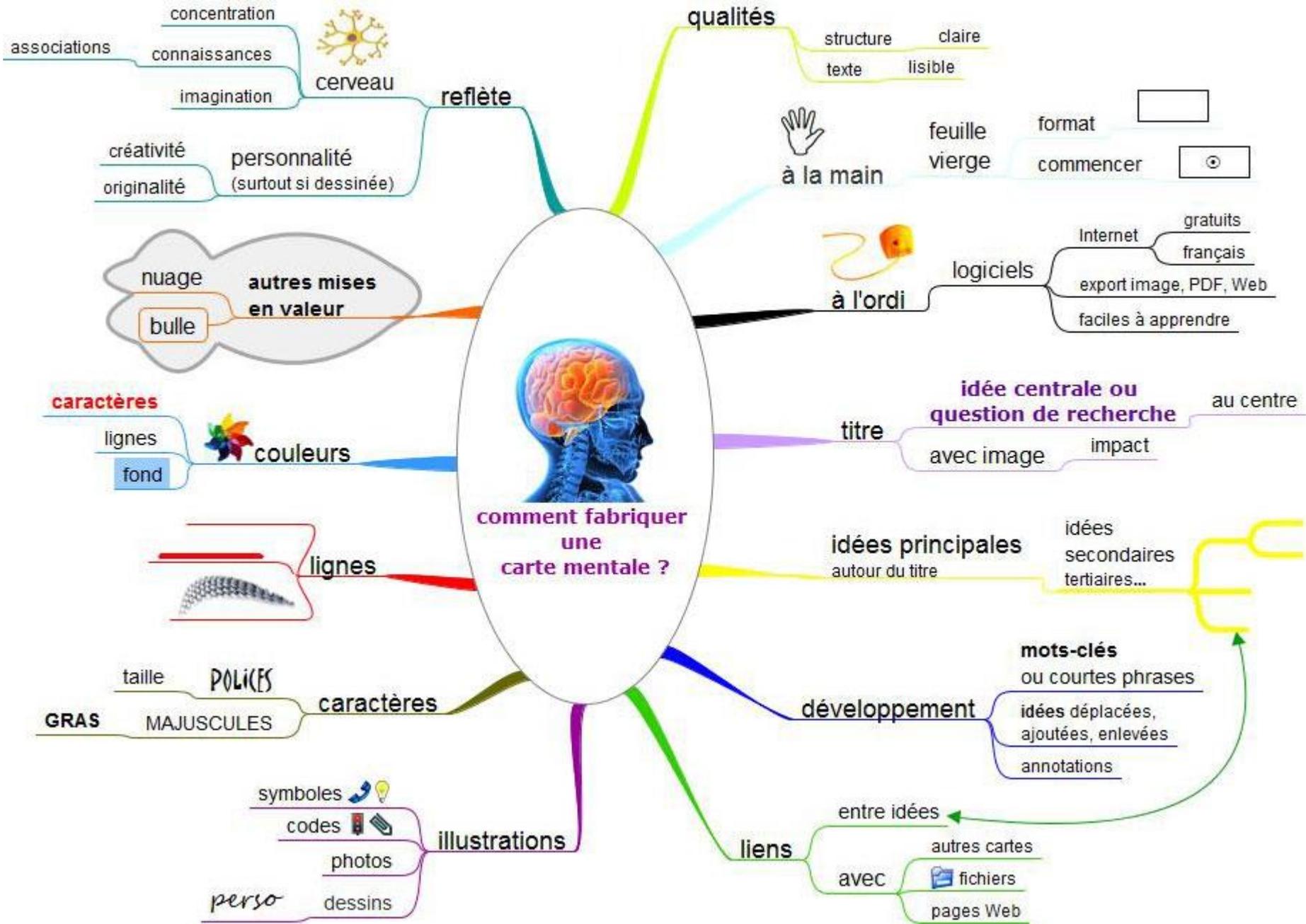
jprey62@gmail.com, jpierre.rey@hevs.ch,
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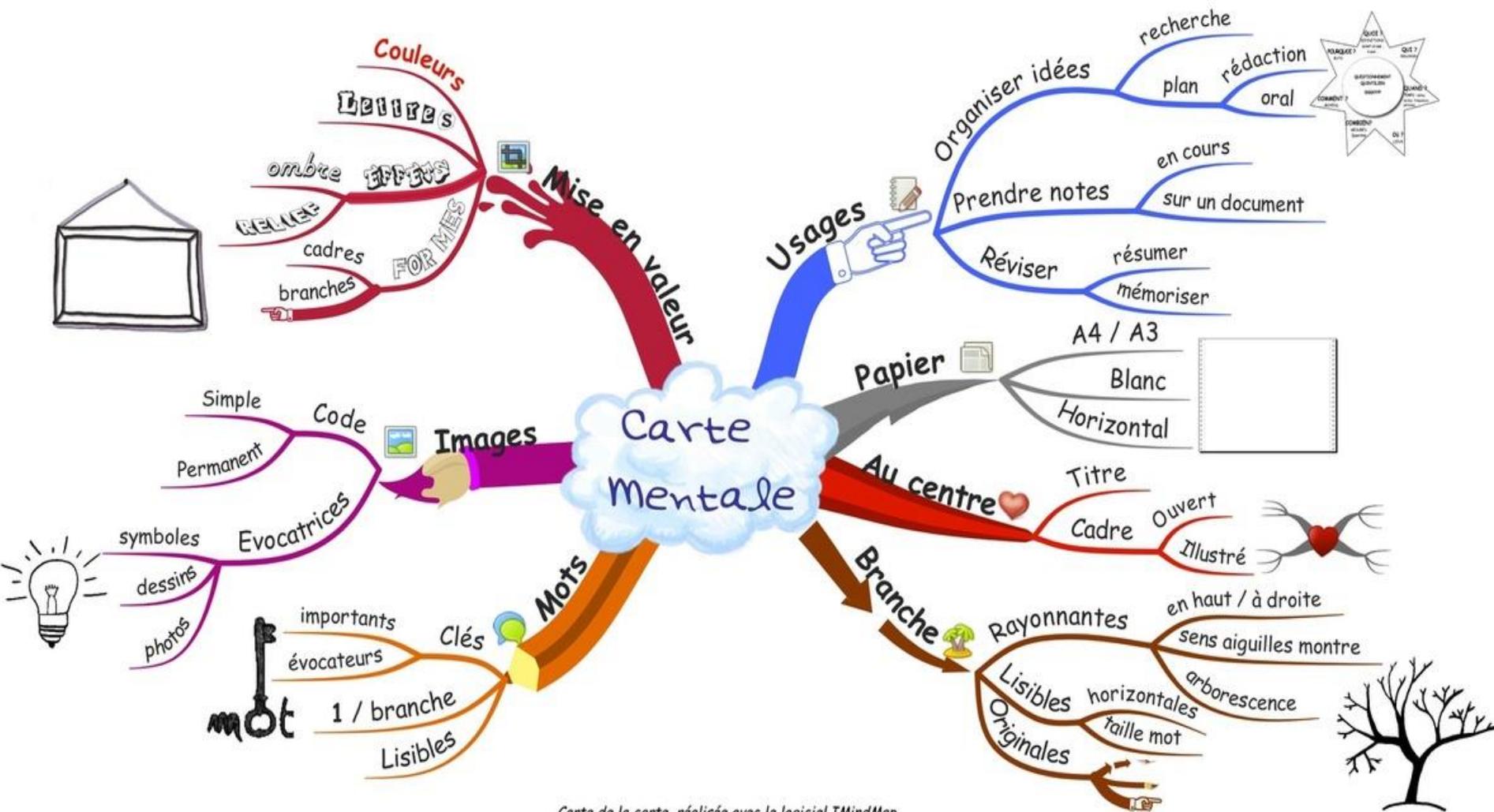
Avez-vous...

- ...un choix important à faire ?
- ...besoin de clarifier une vision ?
- ...trouver une solution différente à une difficulté ?
- ...envie d'élargir votre esprit ?
- ...besoin de synthétiser un apprentissage/une situation ?
- ...envie/besoin d'explorer ?
- ...besoin de cartographier vos compétences ?

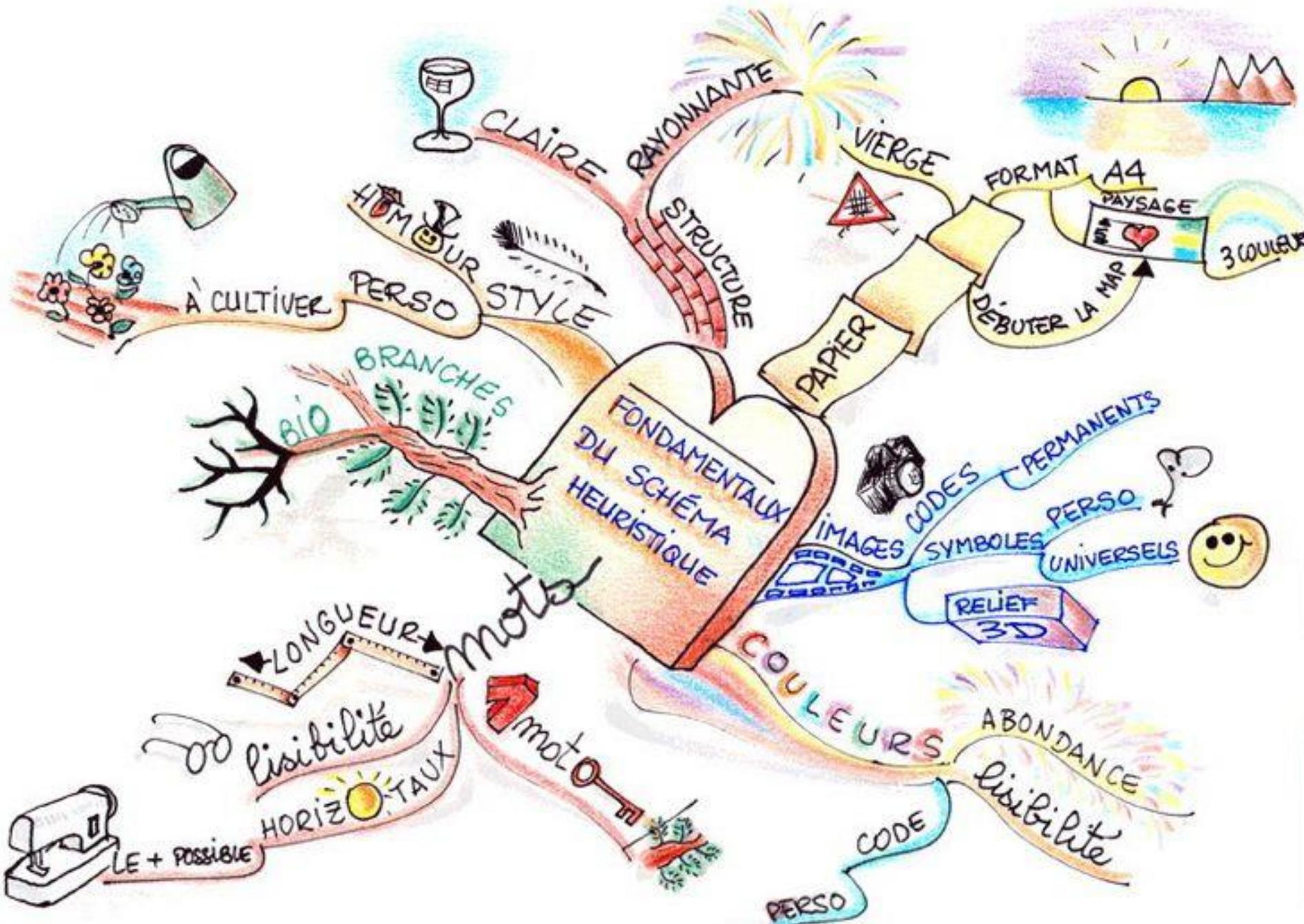
Source : Matthieu Polet





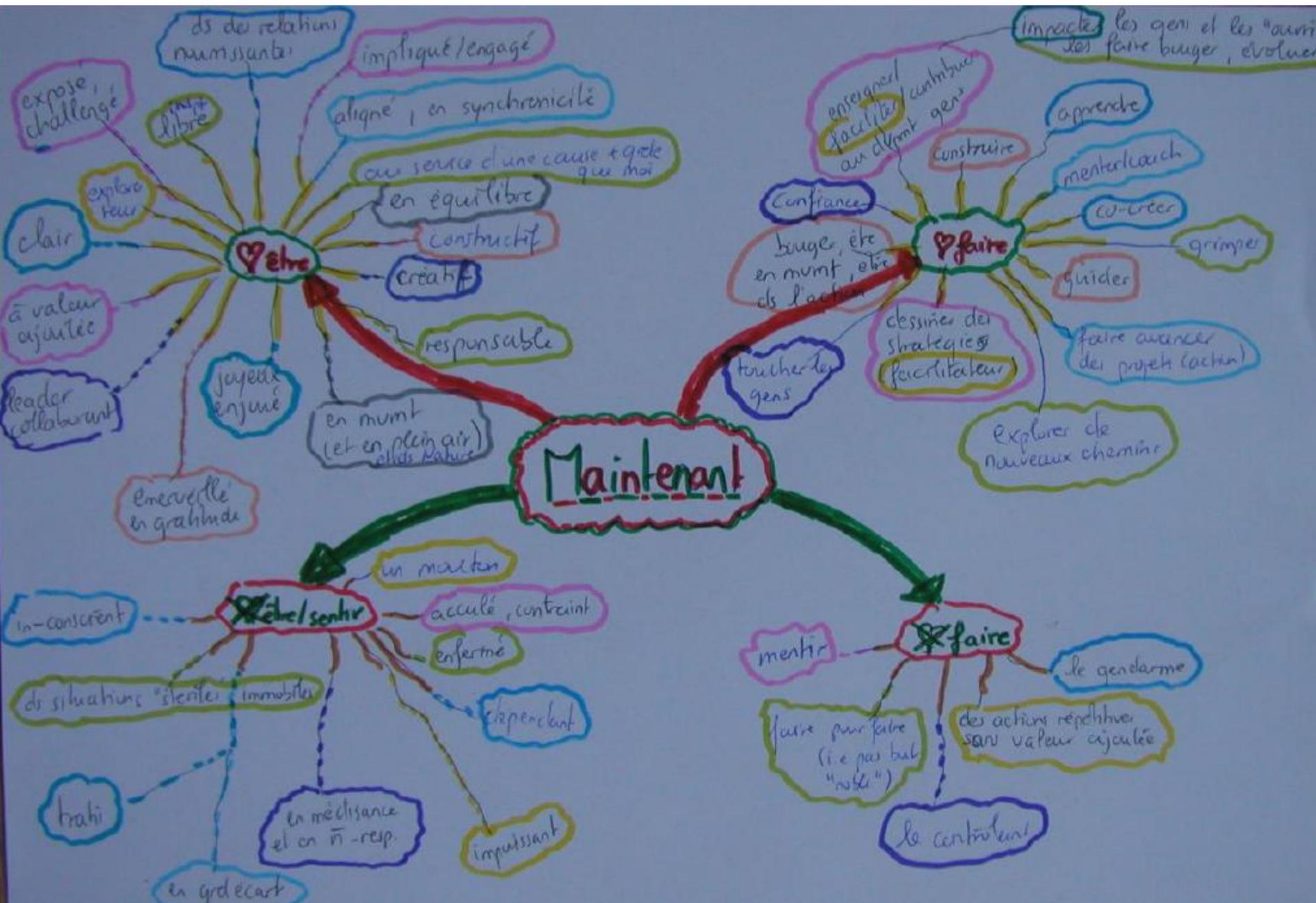


Carte de la carte, réalisée avec le logiciel IMindMap
 © Mathilde BERNOS, enseignante-documentaliste, 2015. <http://lebataulivre.over-blog.fr>



Exemples





You are only as powerful as you are joyful in the moment! ~ Abraham Hicks



PRAGATI
www.pragatileadership.com



Regular Practice
Meditation
Being Awareness

Appreciation & Gratitude

Forgiveness



4 Agreements
By Don Miguel Ruiz

Always do your best ✓

Don't take anything personally. It's not about you!

No assumptions? Ask. Clarify. Question?

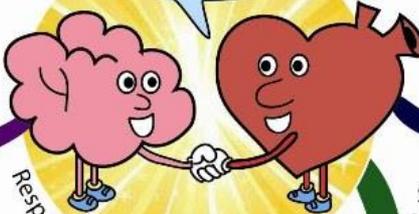
Techniques
Non-violent Communication

RET (Rational Emotive Therapy)
A-B-C...D!

EFT (Emotional Freedom Technique)



Emotional Intelligence



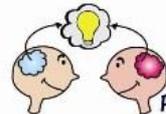
Response = Awareness + Action

What is EI?

| My Feelings | | Others' Feelings | |
|--------------------------|-------------|------------------|------------------|
| Self-control | Initiative | Inspirational | Change Catalyst |
| Emotional Self-Awareness | Achievement | Empathy | Social Awareness |

Action

Awareness



Positive Relationships

Enthusiasm



Better Health

Achievement of your goals



Personal Wellbeing

Benefits of EI

Leaders with High EI → Higher Financial Performance

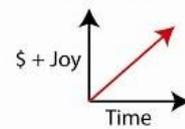
Leadership

Customer Value Delivery

Enhanced Learning

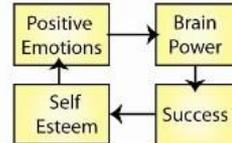
Higher Productivity

Engagement & Retention



\$ + Joy

Time



Created by www.nityawakhl.com
July 2010

Deep Listening

Encouraging dialogue & open discussion



Look for Win-Win

Responding to Others' Emotions

Probing for different perspectives
Use open-ended questions



Interest & empathy for peoples' concerns



Reading a group's emotional state



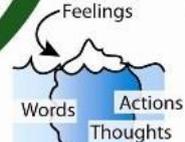
Undercurrents
Power Relationships

Use positive emotions to build a great new vision

Joy
Energy
Enthusiasm
Peace

Responding to My Emotions

Be Aware



Get to the bottom

Deeply Held Beliefs

Confront negative emotions with compassion



- Message
- Acknowledge them
- Clear them
- Move on to the positive!

Use emotions. Don't be used by them



Remember: This too shall pass away!

Tools

- Comparatif détaillé
 - <http://socialcompare.com/fr/comparison/list-of-free-mind-mapping-and-concept-mapping-softwares>
- <https://www.codeur.com/blog/13-logiciels-mind-mapping/>

Exemples

- Panneaux de vision
 - C:\Users\jeanpier.rey\Dropbox (HES-SO Valais, HEG)\Professionnel\Formation\Cours_6151_LeadershipFIG\Partie01_DeterminerValeurs