

# Introduction au Mind Mapping

Unipop, 22 février 2017,

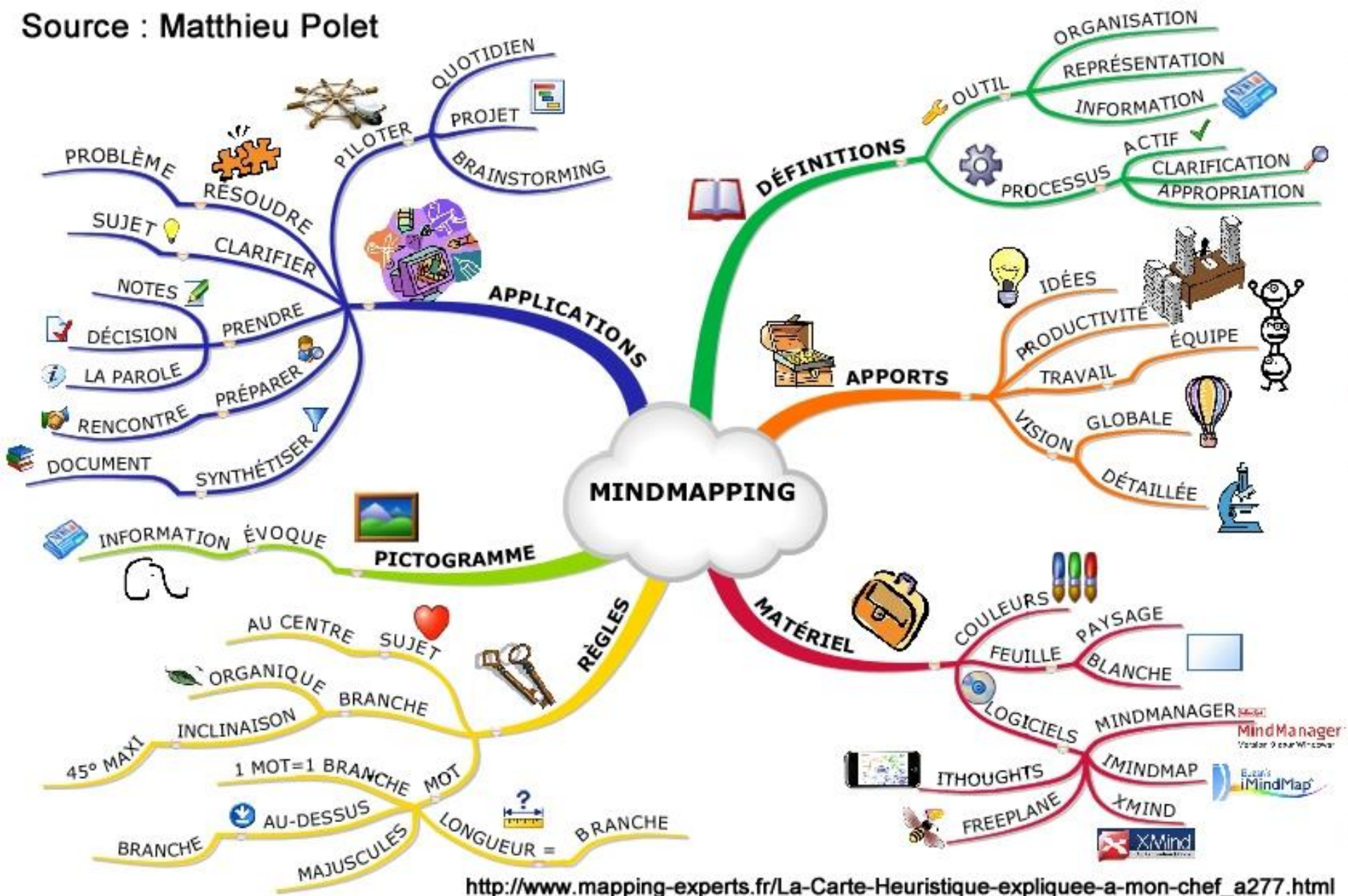
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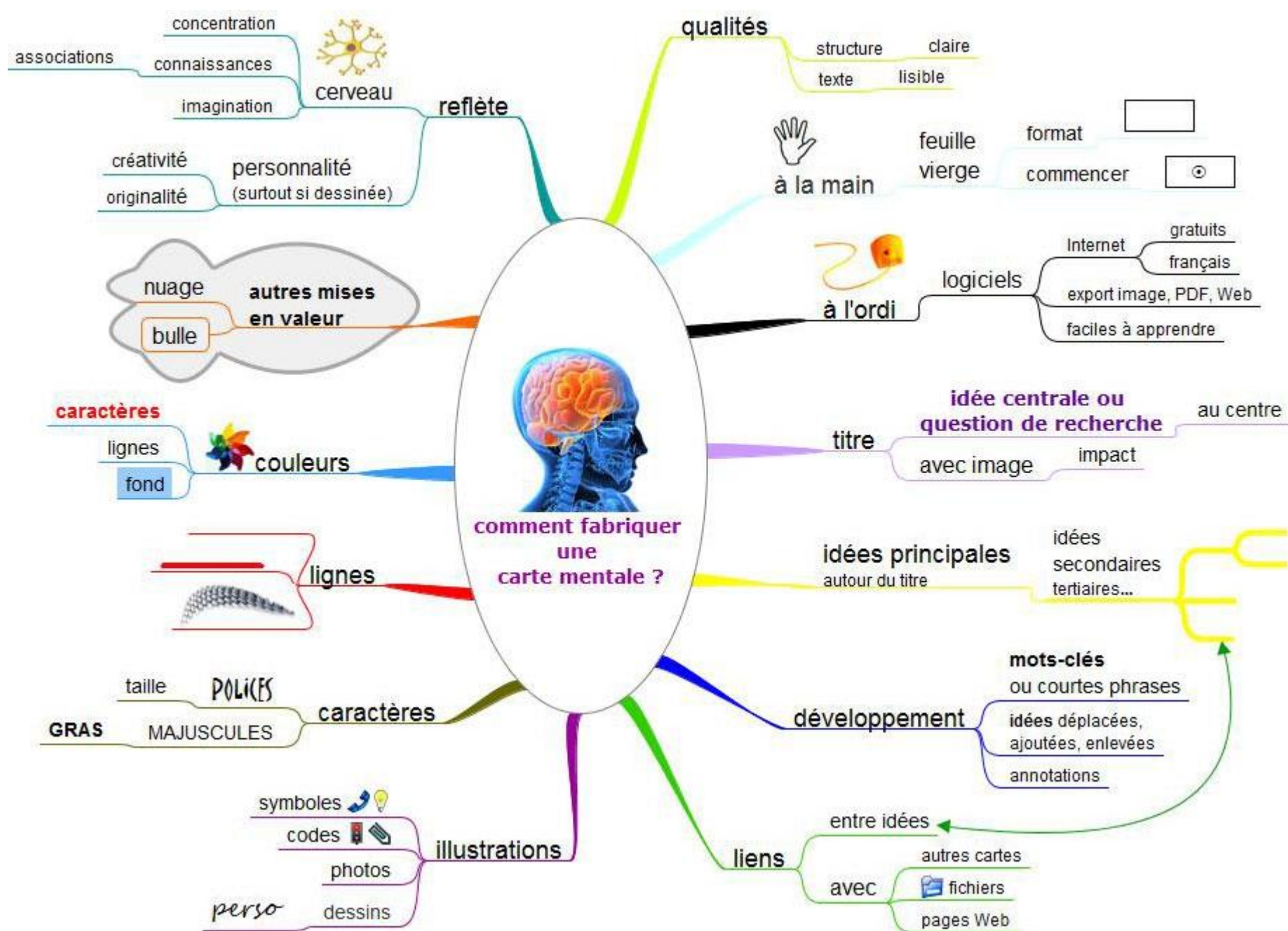
# Avez-vous...

- ...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 ?

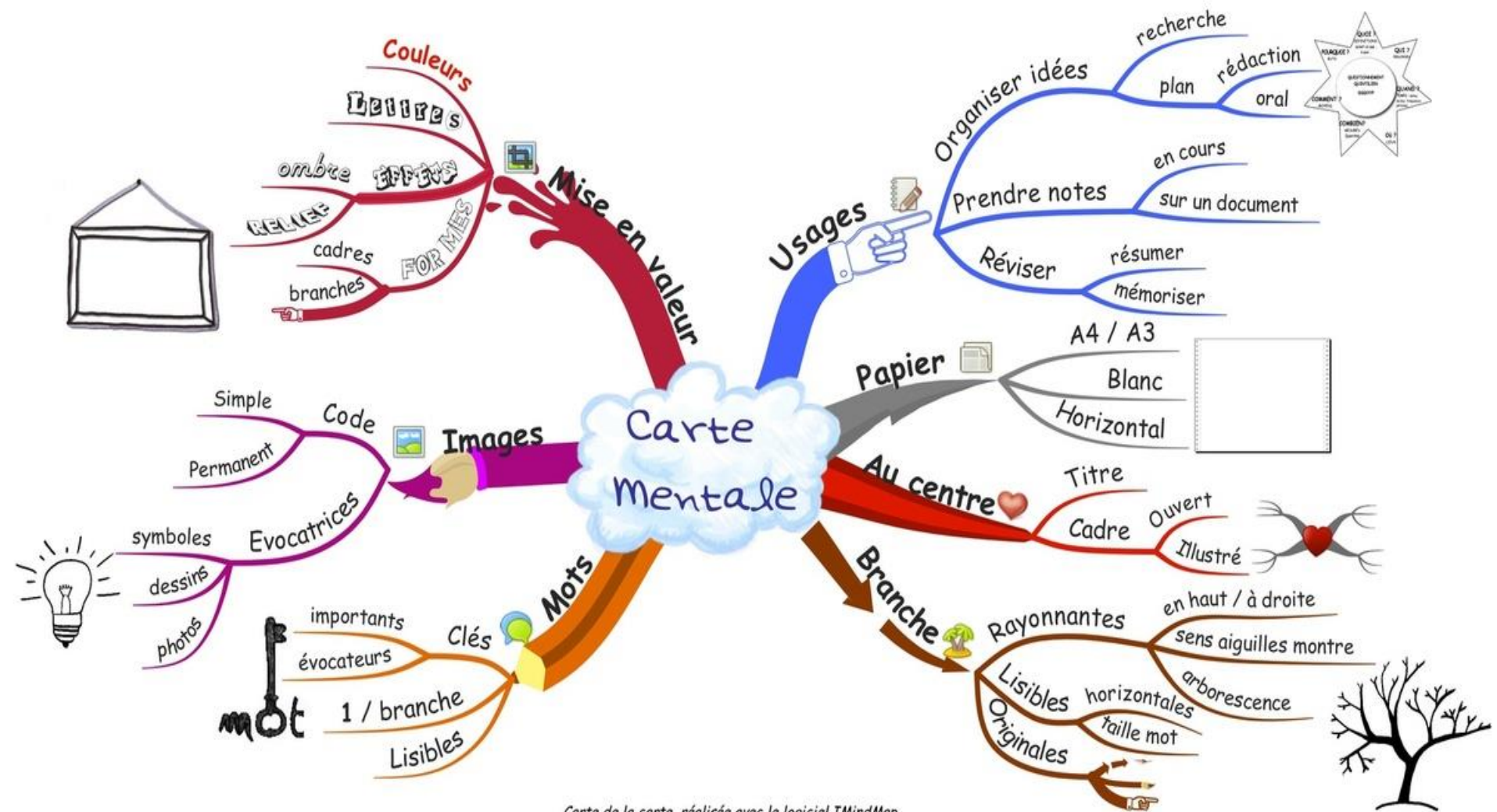
Source : Matthieu Polet

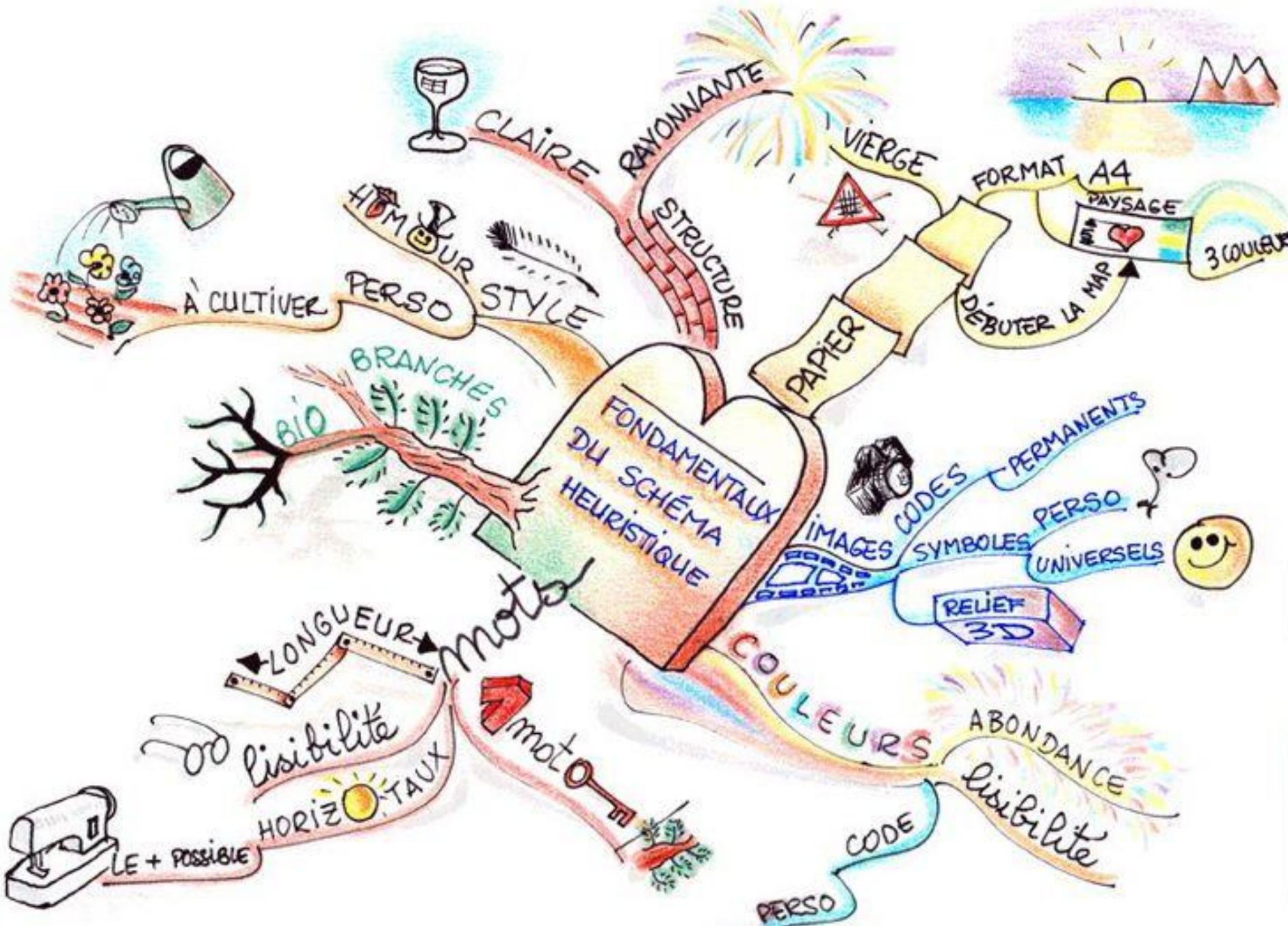


[http://www.mapping-experts.fr/La-Carte-Heuristique-expliquee-a-mon-chef\\_a277.html](http://www.mapping-experts.fr/La-Carte-Heuristique-expliquee-a-mon-chef_a277.html)



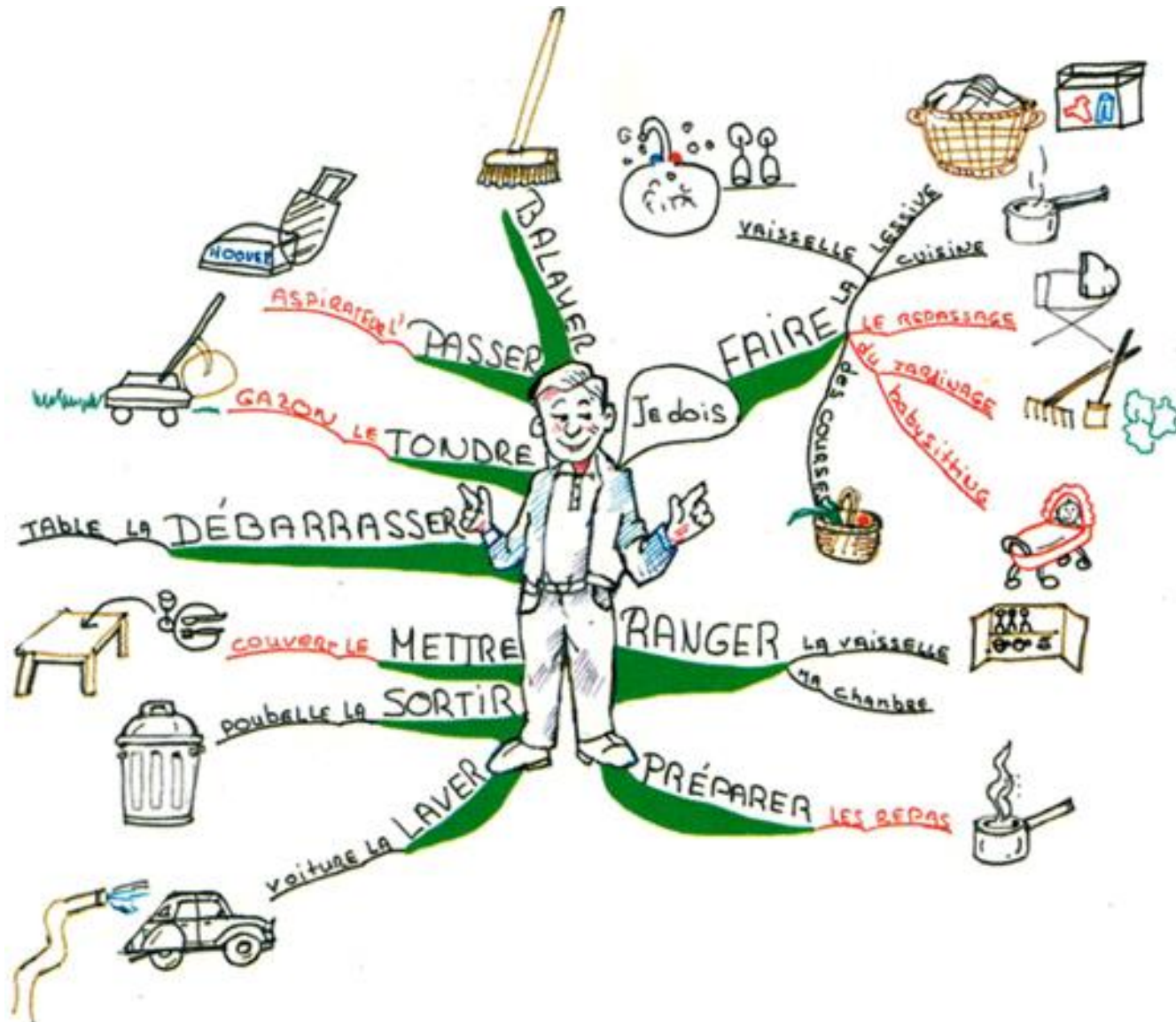


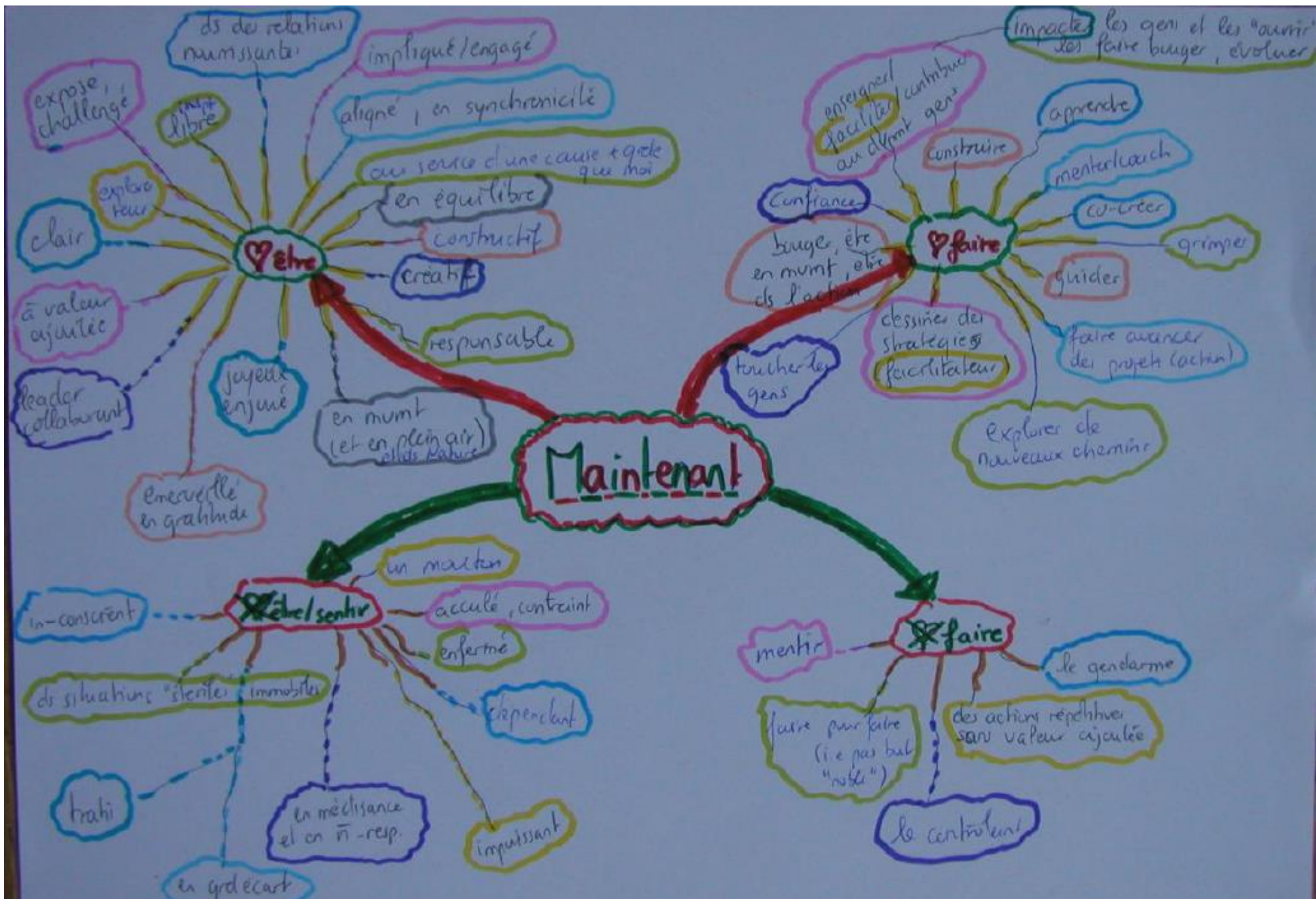






# Exemples









PRAGATI  
www.pragatileadership.com

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

Appreciation & Gratitude  
Forgiveness

Meditation  
Being Awareness

Regular Practice

Techniques  
Tools to Develop EI

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

EFT (Emotional Freedom Technique)



4 Agreements  
By Don Miguel Ruiz

Be impeccable in your word  
Don't take anything personally. It's not about you!  
Always do your best  
No assumptions? Ask. Clarify. Question?

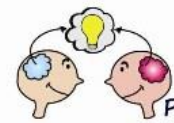
Emotional Intelligence

What is EI?

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

Action

Awareness



Positive Relationships

Enthusiasm

Better Health

Achievement of your goals

Personal Wellbeing

Benefits of EI

Success: 80% from EI, 20% from IQ (Goleman)

At Work

Leaders with High EI → Higher Financial Performance

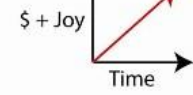
Leadership

Customer Value Delivery



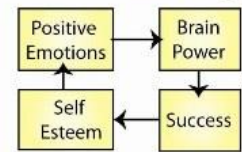
Innovation

Engagement & Retention



Higher Productivity

Enhanced Learning



Deep Listening

Responding to Others' Emotions

Encouraging dialogue & open discussion  
Look for Win-Win  
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

Emotions remind us to initiate change



Confront negative emotions with compassion



Acknowledge them  
Clear them  
Move on to the positive!

Responding to My Emotions

Be Aware



Get to the bottom

Deeply Held Beliefs

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