Leadership en finance et Entreprenariat

ECTS : 6

Enseignant responsable : Mathias GARCIA REINOSO

Langue du cours : Français

Volume horaire : 24

Description du contenu de l'enseignement :

The course is structured around four interconnected pillars: stress management, presentation skills, active listening, and decision-making with its inherent unconscious biases. These themes are not treated in isolation; they are explored in an integrated, iterative manner, reflecting the way they interrelate in real-life professional settings.

We begin with stress, examining its origins through a neuroscientific and evolutionary lens, and move towards concrete strategies for managing it in high-stakes or emotionally charged situations. Presentation techniques build on this foundation, focusing on the impact of voice, body language, and emotional regulation in communicating ideas with clarity and presence. Active listening, feedback, and negotiation are approached through practical exercises that emphasise empathy, clarity, and adaptability. Decision-making and cognitive biases are addressed throughout the course as a thread that runs through all interactions, shaping both what we perceive and how we respond.

A continuous blend of theory and practice shapes the learning experience: scientific insights are immediately tested through discussion, reflection, and real-world application. Depending on the group's needs and interests, additional topics such as time management, strategic thinking, or intercultural communication may also be explored.

Compétences à acquérir :

This course aims to equip students with essential skills in leadership and interpersonal communication, with an emphasis on the practical application of theoretical concepts. Drawing on insights from neuroscience, behavioural science, and the science of learning, the course helps students better understand how people think, decide, and interact (starting with themselves). They will learn to recognise and manage stress, develop more effective communication strategies, and improve their ability to listen, give feedback, and navigate negotiation scenarios. The course also emphasises the importance of adapting and growing, encouraging students to develop habits of self-awareness and continuous learning. Throughout, particular attention is given to decision-making and unconscious biases, which are consistently integrated into the learning process to deepen their understanding of human behaviour in leadership contexts.