

TYPE

Workshops

TOPIC

Confronted with societal disruptions, the public of "Cité des métiers de Paris" can now enjoy a wide range of workshops regarding the search for meaning and a new balance in professional life.

OBJECTIFS

- allows participants to question the meaning of their life at work and outside of work
- gives them some ideas about how to be more involved in their lives and professional careers.
- develop a better relationship to work.

BÉNÉFICIAIRES

For «Sense of Life, Sense of Work», any adult willing to reflect on the meaning given to his/her professional and personal background.

Caution: Not suitable for emergency situations; this do not replace a potential therapy nor a skills assessment.

For the "Sense of life, sense of training" version, a training

SENSE AND RELATION TO WORK: A NEW COLLECTIVE APPROACH

► DESCRIPTION

«Sense of Life, Sense of Work» : a series of workshops proposed since 2016 by the Cité des métiers of Paris in partnership with INETOP-CNAM*.

This series of seven workshops is inspired by existential psychology, led by guidance and counselling professionals, the majority of which being psychologists from Pôle Emploi (french unemployment office) who are trained and supervised by INETOP.

Adopt a reflective attitude, question the meaning of his professional and personal life and clarify his/her priorities...

The Cité des métiers of Paris has completed its services by developing another set of workshops about training: "Sense of life, sense of training", an adaptation to prevent dropouts in training and further education.

Some workshops expend this offer around this topic :

«Questioning the sense of work»: the values and strengths of the individual

«Burn-out, what's next?»

"Pleasure at work: reconnect with your aspirations»

«Re-engage your professional life», led by the association "La Tortue Bleue".

«Alternative forms of activity, how to work differently?»

A club has been set up "Accomplish your re-orientation - the evenings of meaning, «animated by "Réseau Primavera»».

► CHIFFRES CLÉS

«Sense of Life, Sense of Work": 5 to 7 group sessions every 1 to 3 weeks, as well as 3 individual interviews, conducted each year. On average 8 people per course.

"Sense of life, sense of training", 5 group sessions and 3 individual interviews. 2 sessions experienced already. The workshops are held on a single session, 1 to 2 times a month, the club being in permanent entry / exit (1 session per month).

► RESULTATS ET IMPACT

The beneficiaries of "Sense of Life, Sense of Work" frequently engage in a mobility process during and after the journey: creation of an activity, change of profession, geographical mobility, PMSMP, volunteering, training, etc. However, the first objective of the journey remains that they have clarified what makes sense to them - and if there is mobility, it results from this clarification.

The "Sense of Life, Sense of Work" methodology has been the subject of a partnership agreement between RICDM and INETOP-CNAM*. Other cite des métiers now offer the set of workshops and Pôle Emploi is experimenting with it in some Parisian agencies.

* INETOP-CNAM : National Conservatory of Arts and Crafts is a doctoral degree-granting higher education establishment and Business school in engineering, operated by the French government, dedicated to providing education and conducting research for the promotion of science and industry. It has a large museum of inventions accessible to the public.

cité des métiers
sciences et industrie

CITÉ DES MÉTIERS OF PARIS
LA VILLETTE (FR)
Cité des sciences et de l'industrie
30 Avenue Corentin Cariou
75019 Paris

Contact :
Paul DE MARICOURT - Counsellor
+33 (0)1 40 05 71 67
paul.de-maricourt@pole-emploi.fr

