

Program

"Cognitive Matrices"

Free yourself from cognitive biases to decide, collaborate, and act with composure

Designed for business:

For individuals (leaders, managers, team members) or teams (executive or operational).

Objective:

Transform counterproductive cognitive habits into operational advantages: quality of decisions, smoother interactions, reduced tensions, and action-oriented focus.

Process:

1

Diagnostic test: individual or collective mapping.

2

AI training on one's real professional situations.

3

AI-generated recommendation of a tailored action plan, applicable from D+1.

The 7 Cognitive Matrices



1. Amplitude

Prioritize; separate what matters from noise.



2. Lucidity

In the face of emotion, return to facts and consequences.



3. Decentration

Integrate feedback, viewpoints, and experiences.



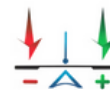
4. Innovation

Question habits; remove false constraints.



5. Autonomy

Countering counterproductive influences.



6. Balance

Avoid over-weighting the negative and strengthen what already works.



7. Flexibility

Accept difficulties and act on what is within our control.

Outcomes:



Faster, more robust decisions.



Stronger interaction quality and defused relational tensions.



More reliable execution.



Increased professional well-being.