

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.*



#### 3. Decentration

*Integrate feedback, viewpoints, and experiences.*



#### 5. Autonomy

*Countering counterproductive influences.*



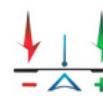
#### 2. Lucidity

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



#### 4. Innovation

*Question habits; remove false constraints.*



#### 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.