



Les Écoles de la Vie *(The Schools of life)*



To self-develop then to develop around oneself

Problematic, objectives, approach and program

Juner 2019

Introduction: Ecovie is 10 years old

It is in January 2009 that Les Ecoles de la vie (Ecovie, the Schools of Life) organized in Ouagadougou, its first training session for adults. It has been 10 years since, that Ecovie, through its training courses, its books and its consultations, accompanies candidates for true, integral and lasting success. To commemorate this tenth anniversary, a stop is necessary, in order to take stock and to set course, to express our gratitude to all those who have trusted it and to go back to the field to meet the beneficiaries and wise men and collect their advices... so to improve the program.

But what is Les Ecoles de la vie (Ecovie, the Schools of Life)? What justified the creation of Ecovie? What are its objectives, its strategy? What is the state of the art today? This document answers these questions, presents the problematic, the vision, the goals, the approach, the program and the situation of the implementation of the institution.

"If you want a year of prosperity, grow seeds. If you want ten years of prosperity, grow trees. If you want a century of prosperity, grow people. "
(Chinese proverb)

The Foundation Les Ecoles de la vie (Ecovie, the Schools of Life) for human integral development and leadership (Ecovie, RCP N ° 2012-001031 / MATDS / SG / DGLPAP / DAOSOC of 17-07-2012) aims to train citizens of the Earth, honest and creative, so that they can succeed whatever they undertake, in their private and public lives.

It is an initiative of the couple Florence and Nazi Félix Kaboré. But today Ecovie is:

- Le Cabinet de formation et d'études (CFE/Ecovie) de Monsieur Roland G. Bationo (Cabinet of Formation and Studies) ;
- Les Éditions Ecovie (Ecovie Publishing);
- L'Unité de diffusion et de distribution de livres (UDDL/Ecovie) de Mademoiselle Safiatou Rabo (Book Promotion and Distribution) and
- Le lycée d'excellence Ecovie de Saponé (high school of excellence).

Rationale, vision and approach



The (self) trainings and books in personal, relational and organizational governance of Ecovie deal with the issue of integral and lasting success, at personal level and collective level (development).

The problem of success and development

A careful observation of the men / women around us, those of today and also those who preceded them, makes it possible to distinguish:

1. women and men whose lives are a nightmare: they are unhappy, alone (know the divorce, loneliness); they are in personal (with themselves) and perpetual interpersonal conflicts, in family and elsewhere; they are unemployed or bored in their work; they can not afford, do not eat enough, can not get treatment, can not school their children ...; they are poor, live in ignorance, misery ... and, sometimes, commit suicide ...

2. men and women who are successful in their lives: they are happy, have healthy, loving and sustainable family and social ties; they have satisfying love relationships ...; they have interesting careers; they have in abundance food, health, education, lodging, and even "women-car-villa-money"; they are rich, educated, wise ...; they live life as an adventure.

The same is true for communities, countries, regions on our planet. Some countries, some nations - on this same planet - live in freedom, democracy, abundance, peace. While others, such as Burkina, are characterized by poor individual and organizational governance, misery and conflict (including intercommunity).

"If a partridge dominates its sisters, it is because it is perched on a termite mound"
African wisdom.

So, what makes some people succeed in all areas of their lives (professional, family, community, financial, etc.) and that, for many others, life is a nightmare (ignorance, misery, conflicts ...)? What makes some nations, even devoid of natural resources, developed while others, surrounded by wealth, languish in ignorance and misery?

One may think that it is a chance or a divine will or the baraka ... Maybe. But today we know that there are principles, laws, universally recognized rules that make it possible to succeed in one's life. Those who succeed know and apply these principles. Those who fail do not know and regularly break them, or do not apply them well.

Ecovie Course participants (and books readers) share their knowledge, experiences and best practices on these principles and rules, including those learned in the school of life.

Vision

We dream of a **planet Earth of love, justice, equity, tolerance, cooperation and peace, in which honest, hardworking, creative and women and men, of healthy mind and bodies, live as brothers and in harmony with their ecosystems.**

Mission

To contribute to the advent of such a world, we created Les Écoles de la vie to support, through research, training and information, candidates for success. Each person has his own vision of success. But generally this vision will integrate the 3 dimensions below:

1. set and achieve goals;
2. build and maintain mutually fulfilling relationships with loved ones;
3. successfully lead others on the road to success.

The strategy: to develop oneself, then to develop around oneself

We are convinced that every person who desires it can learn, evolve, develop himself to better contribute and flourish; and that the more we develop ourselves (personal development), then help our loved ones to do so (leadership), the more our organizations, our communities, our countries, our planet will progress. Also, we bet:

- on a complete training in personal governance (dimension 1 of success), in relational governance (dimension 2) and in organizational governance (dimension 3, leadership) for adults and
- for children, on a holistic education, from kindergarten to the final year, which prepares them to succeed in their lives and to become leaders (the 3 dimensions)

Participants in our courses first realize that they are primarily responsible for their destinies. They develop their personal visions, define their own development plans themselves, then organize themselves and cooperate at the higher echelons (community, organizational) to achieve them. The Schools of Life offering them the opportunity to share their knowledge and lessons learned, especially in the school of life.

Learners refer to current scientific knowledge, theses and strategies, precepts, "tried and true recipes" handed down to us by African, Oriental and Western wisdoms, universal and perennial laws.

The trainings and books of Ecovie deal mainly with good governance:

- personal (level 1 of the Ecovie training),
- relational (level 2),
- organizational (level 3) and
- entrepreneurship.

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These trainings (and books) have for target groups:

- young people, particularly students, students from vocational training schools, leaders of youth associations;
- leaders of community organizations with a positive affirmation for women;
- leaders of political parties and unions;
- stakeholders in micro-enterprises and SMEs / SMIs;
- couples, and families, including future parents (prenatal education), etc.

They aim to strengthen:

- their personal effectiveness, so that they behave (govern themselves) so as to succeed in everything

they undertake;

- their interpersonal (relational) effectiveness, so that they are able to form and maintain fulfilling relationships with those around them, with a focus on living together and education;
- their managerial and organizational efficiency to create and manage successful organizations, mobilize to a cause, organize and motivate followers: collaborators, teammates, companions, etc. (leadership).

Launched in February 2006 under the sponsorship of Larlé Naba Tigré, Ecovie, after a market study in 10 regions of Burkina, created in January 2009, the Larlé Naba Ambga Pilot School of Kadiogo (EPIK) which will be erected in 2011 as an Institute for Training and Research in Success Sciences (IFR / SR).

EPIK developed the first curricula and then tested the modules during training courses organized in Ouagadougou. Then he put the contents in two books: *'Is there a pilot on the plane?'* and *'Realizing the American dream (succeed from scratch)'*.

The manuscript of 'Is there a pilot on the plane?' Was submitted in mid-2008 to the appreciation of wise men and academics for corrections and advice. Here are three encouraging reactions from some of these personalities:

"After reading the book, I found it rich in practical lessons that can help you succeed in life. The precepts, quotations, anecdotes offered are very useful and are very adapted to the current context of crises, permanent quest for identity, loss of moral values, search for integrity, etc. Boureima Jérémie Sigué, Founder (and at the time General Director) of *Les Editions Le Pays*.

"When reading this manuscript, I was personally edified on certain facts of life. So, as such, I think it is a humanly rewarding project for any future reader. Oger Kaboré, Man of Culture (and at the time a researcher at CNRST).

"I wish you long life so that you can see the fruits of this project," Roger Nikièma
Journalist, Founder of Radio Salankoloto in Ouagadougou.

In January 2017, two young people created their businesses within the Institute and took over most of its activities. They are :

- Le Cabinet de formation et d'études (CFE/Ecovie) de Monsieur Roland G. Bationo (Cabinet of Formation and Studies) ;
- L'Unité de diffusion et de distribution de livres (UDDL/Ecovie) de Mademoiselle Safiatou Rabo (Book Promotion and Distribution)

Se former, évoluer
comme la *chenille*
s'épanouir et contribuer
comme le *papillon*



1. To develop oneself

And now, what are these principles and laws that make it possible to succeed? What did I learn from their studies and their implementation in my life that could really interest a candidate for success? What is the content of the complete training in personal, relational and organizational governance and entrepreneurship of the Schools of Life?

Level 1: Be good first (personal governance)

To succeed in life, one must first strengthen one's personality, one's self-efficacy in order to be able to succeed in everything one undertakes, to set goals and to achieve them.

The importance of human skills

For this, we need professional skills and qualities, but also and above them, human skills and qualities. For, according to the Carnegie Institute of Technology (United States), "even in purely technical professions such as engineering, success is due for about 15% to technical skills and 85% to human skills, the personality and leadership skills and qualities. "

This explains why wealthy entrepreneurs (most Burkinabe billionaires) do not have diplomas but hire engineers, accountants, pilots, ...

Also, Level 1 of the Ecovie courses is aimed primarily at strengthening these human skills, which include vision, motivation, faith and confidence in one's almost unlimited potential for success, self-knowledge and self-control, positive beliefs and values, positive mental attitude (PMA), perseverance, etc.

Module 1: **Vision, potential for success and life project** ((and Volume 1 of Is there a pilot on the plane? 'Discovering his potential for success and becoming master of his life project)

"Everyone would like to improve the world and everyone could if he started on his own"

Module 1 of the Ecovie training leads participants to realize that, whatever their current capacities, they themselves are the primary leaders and actors of their full development (and not the state, NGOs or other); and above all, that all those who face today serious problems in their lives, all those who want to leave their current red zone and live new experiences, open new doors, create new opportunities, expand their field actions, discovering happiness, can act positively on their lives and succeed brilliantly.

They must first build on what are called the four cornerstones of success: **vision, motivation / determination, and faith** (in their potential for success).

The vision refers to what one wants to become, to realize, to possess in one's life, to the better situation, to the organization, to the better world that one wants to create in place of the one he is currently living and that one he found, not or not very satisfactory, or frankly "intolerable. "

"People who focus on money are more prone to anxiety and depression than those who value their relationships with others." "The mother of all motivation is Love"

Successful people are **motivated by service**, not money, power and honour. They privilege the interests of others (love) to their (egos).

They long to succeed, they are determined, ready to pay the price to achieve their goals. And *"the desire to succeed (or just become rich) is measured by the price you are willing to pay, what you are willing to risk, invest to get what you want, in terms of time, money, of movable and immovable property, of risks to run for your health, your freedom, your life, in a word to your determination "*

Successful people must be able to say, like Obama, "Yes, I can." Because, according to Cicero,

"If you do not trust yourself, your defeat is doubly assured in the race of life. With the confidence in you, you have won, even before you start." They must have faith in their potential for success.

The course leads them to become aware of:

- their individual potential (ability to acquire any competence (universal machine), to analyze one's current situation and to use it as a starting point, to determine what one really wants to become, to realize, to own, to conceive strategies, to implement (creative power) and to find the financial and material resources necessary to realize dreams (law of attraction).
- their collective potential (the possibility of mobilizing other people to accompany them in the realization of great works (leadership), to seize the opportunities offered by the social, economic, political and technological environment, to exploit the thousand and one resources that nature holds, their close but also distant environments).

Strong in faith in their potential, they **think big and aim high**.

Also, in this first module they learn to use some tools (P.I.P approach, paradoxical approach, *IL ham*) to address the inevitable challenges they will have to meet on the way to the goals.

They finally learn to write a life project.

Module 2: **Consciousness and self-control** (and Volume 2 of Is there a pilot on the plane? 'Acquiring self-control, Making weaknesses allies and strengths)

'Many ships sank due to lack of self-control of the captains.

Module 2 helps participants to become aware that “*we have been formatted* and tend to let ourselves be dragged, steered, governed by our instincts, our natural inclinations, our emotions (inner forces within us) and also by our fellow humans (forces external)”

It guides them on how to spot those forces that often tend to deviate from goals, from success; on how to evaluate their negative effects on themselves and others, but especially on how to control them and channel them towards the achievement of their objectives by:

- adopting a discipline when facing the tendency, the sleep abuse (laziness), food and sex;
- dominating the three most insidious fears: fear of lacking vital needs, fear of losing the chosen of his heart, fear of being rejected;
- facing their corollaries (anger, the mentality of scarcity, the desire to appear important, etc.) then using both as allies on the road to success;
- recognizing the manipulators and treating win / win with them.

First, those who succeed must realize that 'we are subject to' the law of least effort ', so programmed to abuse sleep and rest, all necessary to rebuild strengths and even for our survival; in easy French, laziness.

This tendency may lead us to resort to shortcuts and succumb to the temptation of the free.

Then we must realize that most humans instinctively tend to abuse food, to eat and drink more than the body really needs. This tendency is explained by the fear of missing vital needs ... then of dying ... of hunger for example. It usually brings fights around familial dishes and positions at workplaces; but also wars for lands and territories. It also has costs on fitness, health (obesity, tastes, diabetes, high blood pressure, certain types of cancer ...) and on finance. Finally, there is the risk of excess, greed and dependence (alcohol, cigarettes, drugs ...).

"Men fall in love with what they see, women of what they hear. That's why some lie and others make up ... "

Then, history (Monica Gate, DSK), the religious teachings (Samson and Dalida) and the various facts around us are full of examples of grandiose projects not realized because of the lack of mastery of the "fifth member". Many men have easily sacrificed their careers, deprived themselves of everything to satisfy the needs and even the caprices and fantasies of women. But some women also do not hesitate to fight with their rivals, and sometimes to death, to pour on them hot oil or to poison the children of their co-wives. All things that can lead to jail or guilt and remorse all your life.

Why ?

Similarly, for this trend, there are risks of abuse and deviations, unorthodox practices such as swingers, homosexuality, pedophilia, zoophilia and their processions of sexually transmitted infections, mental imbalances and family dramas.

Course participants learn how to lucidly evaluate "the total cost of our egocentric pleasures, very often high when measured in terms of time, money, reputation and injury to others".

The middle way: *To face these instincts, and tendencies, the path suggested by the Buddha is that of "temperance ... the virtue of not being a slave to one's desires, but of putting oneself above them and live in moderation "*

In this module, we see that 'we also tend to appear important too. No doubt because the important people are in the front row and have the lion's share. But this tendency often leads us to pretense and vanity and exposes us to early sclerosis.

In fact, unconsciously, we are afraid of being rejected by others and the group, to lack their solidarity (security). What in the original forest was synonymous of isolation and vulnerability, so of death.

Thus, we often use shortcuts to satisfy this powerful desire to appear important and its corollaries (desire for honors, glory, power, prestige, security, belonging, pleasure, freedom ...), instead of working to become important, useful for his community and deserve the benefits and honors associated with it.

In this module, participants realize that the three most insidious fears (fear of being rejected, fear of losing the chosen one of one's heart, fear of missing vital needs) are often the basis of some mental minds, feelings and counterproductive emotions such as anger, scarcity mentality, prejudices, worry, envy, jealousy, hatred etc.

Finally, that most fears are unfounded (90%), and that we have resources to deal with the few (10%) who are. We must therefore use fear and its corollaries as allies to achieve the goals, whether they come from ourselves or from others (our conjugal and business partners).

The last chapter of this module, evokes the tendency of some people who know the internal forces that act in us, our instincts, our inclinations, our passions, our fears, our desire to appear important, and who exploit them for the benefit of their own ambitions. They are called manipulators. Generally, "they know how to adapt the bait to the taste of the fish".

It teaches participants how to:

- become an advised consumer of goods, services, beliefs and ideologies offered to them by others, particularly through the media;
- identify a manipulator and possibly initiate win / win transactions with him.

Module 3: **Changing Paradigms and Taking Action** (and Volume 3: Connecting to the Great Laws of Success, Taking Action in Consistency with One's Life Project)

This module is actually completing the previous one. It proposes to the participants, to maintain the course towards their goals and to succeed their missions, in spite of the internal and external forces, to use the principles just as compass and the universally recognized natural laws like beacons.

It guides them on how to create the conditions for a fresh start to success. About how:

- to acquire positive beliefs and values and thought and winning actions habits;
- to constantly improve oneself by overcoming obstacles and learning from difficulties and failures, one's those of others.

To succeed, we must very often change what specialists call our paradigm; that is to say, our frame of reference, our conception of the world, our own image of ourselves, of others and of our environment, our schema of understanding and explanation of certain aspects of reality; in fact our beliefs, our values and habits of thought, communication and action.

Successful people use the right principles (integrity, honesty, trust, justice, fairness) as a compass and universal human laws (golden rule, boomerang laws, compensation, farm, forgiveness ...) as beacons. Then they adopt new habits, new gestures, new automatisms and a new way of thinking and communicating.

This module also discusses the need to take action and devote more resources (time and money) to goals and objectives, to wisely use time and money; and also to recover and reorient towards its objectives and goals (in all areas of life, work, family and friends in particular), precious minutes and hours.

It returns to the need to adopt a positive mental attitude (PMA), to be '*solution oriented*' rather than '*permanent complainer*'.

To succeed, one must leave no other alternative than success. We must set out with the energy and rage to conquer; learn to learn from failures and obstacles and persevere.

Finally, in conclusion (of the first three modules), it returns to the four pillars of personality: power (personal), internal security, direction and wisdom.

Level 2: Behave well with others: relational governance, 'living well and working well together' (Volume 4: Communicating with others, two, many and in public, Volume 5: Making a success of your life and giving a good start to his children)

The second level of the Ecovie training aims at reinforcing the interpersonal and relational effectiveness of the participants, so that they can build and maintain mutually

fulfilling relationships. It emphasizes the importance of a supportive family, professional and community environment. He explains that conflicting relationships with the spouse, children, colleagues, neighbors, etc. can jeopardize success. It first emphasizes the criteria to be taken into account to establish ongoing relationships before expanding on how to better communicate with those around oneself for effective, enjoyable, win-win relationships.

To have this type of relationship, it is first important to choose wisely his fellow travelers. And the three most important factors in relationship building are: personality (attitude / behavior), aptitude (skills) and physical attractiveness (look, appearance). Another factor in relationship building is the existence or otherwise of common interests, common attitudes, shared opinions, and so on.

But the first criterion of selection must be the personality, the right principles: integrity, trust, honesty, equity, justice ... To maintain the relationship, you need a good dose of self-control, recognition and tolerance.

The module addresses the importance of the quality of communication and the basic principles of good communication:

- the ability to put oneself in the other's position in order to consider the potential benefits of one's point of view
- the ability to ask the right questions to understand each other's needs and priorities;
- the ability to model one's suggestion in terms of benefits for the other;
- Speak true, fair and little!
- Prepare and make motivating critiques (and receive them).

The module then proposes Nonviolent Communication (NVC) and cooperative methods of conflict management (negotiation, mediation in particular), in the resolution of disputes.

Much of this module is intended to help the participant better understand his / her spouse / partner, to improve communication to reduce tensions and strengthen the love in one's relationship. It leads him/her to reflect on:

1. what is love
2. traps, illusions, prejudices and errors of analysis about love;
3. differences between men and women in hormonal, cerebral, psychological and behavioral terms;
4. the inevitable difficulties and trials that punctuate the path of the life of a couple;
5. the conditions of a harmony in the couple, etc.

The couple / family is, for most human beings, the main source of joy, security, belonging and emotional stability. However, living together can also be a source of tragedies and misfortunes (alcoholism, deception, passion crimes).

So, the big challenge is knowing how to build a more intense, richer, happier relationship? How to keep the love, escape the habit, the sclerosis, the gloom "?

The course explains that to succeed in your life as a couple, you must first choose your spouse in full knowledge. Then, it must be taken into account that men and women differ fundamentally. Not only morphologically and sexually; but also on the hormonal, cerebral, psychological, behavioral levels. Men and women communicate differently; they think, feel, perceive, react, behave, love and appreciate differently.

Knowing the genetic, hormonal, cerebral, morphological, psychological and behavioral differences between men and women is therefore a valuable aid to better understanding people of the opposite sex (and sometimes even those of one's own sex!). This understanding helps to improve relationships and communication in the couple (married or not).

It addresses the main issues of contention in the couple, stating that when the expectations of intimacy of one and material comfort of the other are met, generally everything else is bearable.

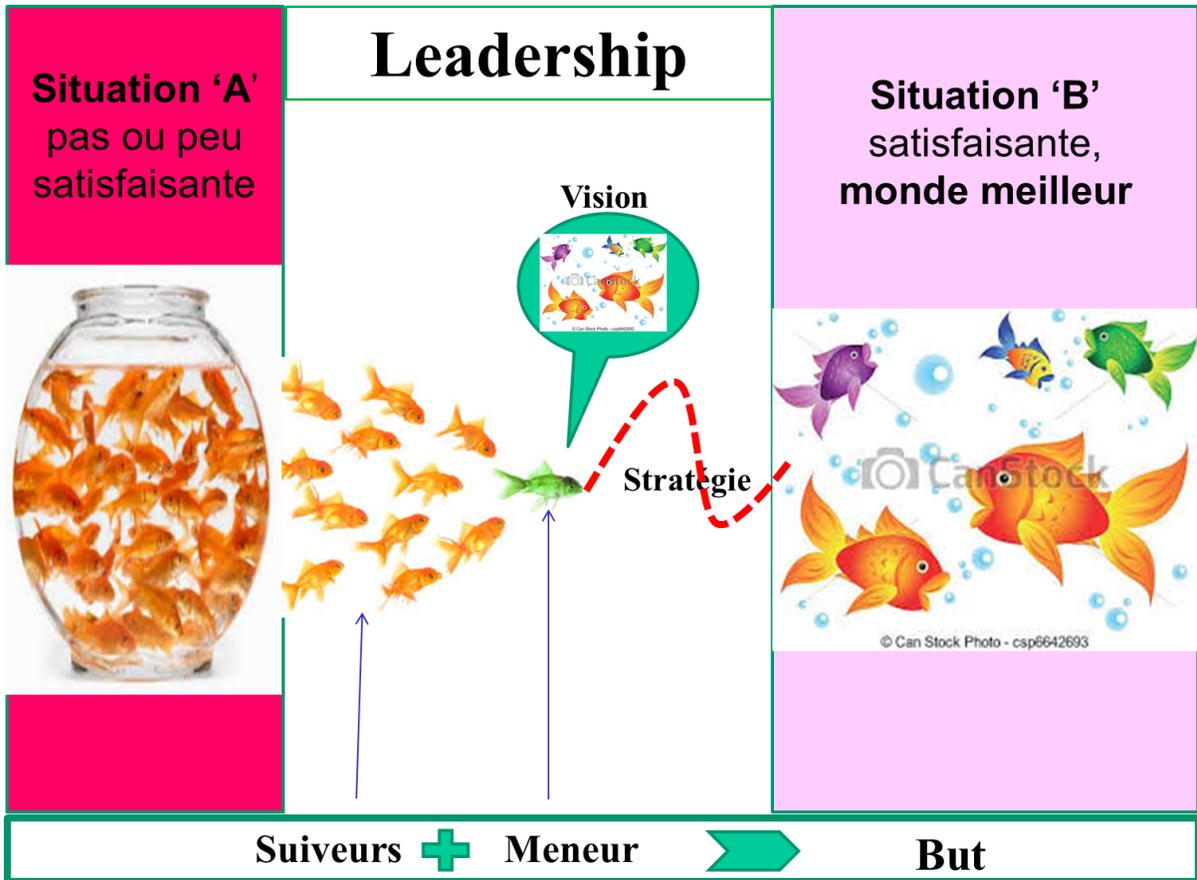
An important part of this module is given to the emotional cycle of the woman (*ki-ponsgo*) and the cycle of male intimacy, sources of enormous difficulties in couples.

This section concludes that "in accordance with fundamental principles of human relations, we must try to satisfy first, rather than be satisfied (e) ... and that" when the needs of others are met, he (she) becomes receptive to yours. "

The last part of the module deals with the management of parent-child relationships (infancy, adolescence crisis). It guides the participant on how to prepare their children to get off to a good start and have the tools to make their own way on the road to success. Because "if your children do not succeed, your success will be incomplete and will have an aftertaste of unfinished ...

All education specialists agree that the best way to educate a child is to be an example yourself. "Like father like son" is a well-known saying. Like parents, teachers must also put more emphasis on example than on theoretical lessons ... Although the school is the best place to learn how to use words and how to use numbers (in the course of mathematics), parents must remain primarily responsible for the education of their children. "

In conclusion of this part 'reinforce its relational efficiency', it is approached the concept of Neuro Linguistic Programming (NLP) and happiness.



2. Develop around oneself

Level 3: Train others on the road to success (leadership)

Level 3 of the Ecovie training aims at strengthening the collective potential of the participants, their ability to mobilize the skills of other men and women to carry out grandiose actions, actions that exceed their personal capacities. Mobilize followers, collaborators, teammates, companions to a cause, but also organize them so that each one plays in synergy its partition and to motivate them so that each one gives the best of himself individually and in team.

Module 1: **Leadership and Related Concepts** (Book: Leadership 1: Concepts and Employee Mobilisation)

In this module the participants discuss the concept of leadership and neighboring ones such as management, coaching, mentoring, personal development.

What drives the leader to initiate the relationship? And what brings followers to enter the relationship? The answer to these questions allows

- to distinguish an altruistic leader (serving leader) from the interested leader.
- to distinguish also interested followers and altruistic followers, to define and analyze the types of leadership (coercive, utilitarian, charismatic ...)

"Great leaders are, above all, motivated to help, and therefore to serve others. The servant-leader makes a conscious choice to serve rather than to seek gain in power or to acquire goods. "

Then, once the relationship is established and the team set up, where does the couple go? Why? What consolidates and prolongs the relationship (dimensions of leadership) in time and space, and then causes the couple to start?

We also see how the leader communicates, interacts with her/his companions; we define and analyze leadership styles (authoritarian, laissez-faire, democratic, situational, transformational, strategic ...)

The module broadly addresses the theme of leadership and gender:

- Female Leadership
- Leadership and age.

Is there female leadership?

Participants then learn about the concepts of management, mentoring coaching, personal development and their correlations with leadership.

This module is followed by a supplement on Globalization and leadership opportunities. The advent of neoliberalism (the doctrine of the greatest possible freedom of business and market forces and the minimization of state size and intervention) and the subsequent crisis are often perceived as a threat. But they offer many opportunities in developing countries for leadership.

What is globalization? What are its effects on Africa (multinationals, terrorism ...)?
What opportunities for Burkinabe / African leaders?

Module 2: **Mobilizing Collaborators** (Book: Leadership 1: Concepts and Employee Engagement)

Module 2 analyzes the role and importance of personality and vision (project) in the mobilization of followers.

It begins by recalling the qualities and skills (human) that reinforce the personal and relational efficiency, the foundations of a strong personality. Before expanding on the constants common to the most successful leaders, namely:

- great leaders serve;
- they give the example;
- they are willing to pay the price to achieve their goals or to go only beyond the point of no return;
- they use emotional intelligence;
- they prepare the succession;
- they develop their collaborators;
- they delegate, etc.

To come to the conclusion that “you are not born a leader, you become one” ... and you do not have to be a genius to become a leader.

The second part of the module focuses on how to effectively communicate his vision to followers. More exactly, how to get the group to appropriate the vision of the leader, his mission and project that were personal, so that it is passionate to the point of being impatient to implement it.

The main part of this module deals with the design, development, implementation, monitoring and evaluation of a project and a program. With a focus on the participatory approach.

Module 3: **Organizing and motivating employees** (Book: Leadership 2: motivating organization and team management)

Once the employees are mobilized around a vision, a mission, a collective project, organizational, the challenge is to succeed in its implementation, the implementation of the strategy. For this, the leader must create and manage a successful organization, in the economic (enterprise), political (party) or social (association) fields.

Module 3 will help participants organize their followers so that everyone plays his role in synergy to create an efficient organization, that is to say, democratic, effective and efficient.

It distinguishes

- organizations in the economic field;
- organizations in the policy area;
- organizations in the social field or civil society (CSO).

Before dwelling on how to create structures and systems and how to manage democratically (origin and concept of democracy, fundamental principles iron law of oligarchy ...).

To return on how, in a practical way, to make democratically run an organization on the ground, at the field, at the front, on how to build and democratically manage a team.

The second part of this module focuses on the inevitable conflicts in organizations, their prevention and management once they break out. What is a conflict? What are the sources, especially in companies?

How to prevent and defuse conflict? through :

- a culture of dialogue and mutual respect, and good governance combining the interests of the company and those of employees;
- participative management through democratic governance structures and internal communication procedures fostering a climate of trust and win-win partnership;
- a culture of criticism and constructive argument within his team.

How to manage a conflict if it bursts, giving priority to negotiation and mediation. And also how to exploit a conflict to further strengthen the relationship and motivation.

The last part of this module discusses how to motivate followers to give wholeheartedly what they have best in themselves, individually and as a team. It examines the theories of the scientific organization of labor, from Taylorism to the quality management system (QMS) to Kaizen.

Supplement 1: Entrepreneurship

In working life, you are either an employee, a self-employed (professional), an owner / employer (boss) or an investor (banker). I have observed that the most successful men and women are bosses and investors, entrepreneurs. And since the French Revolution of 1789, it is they who lead the world (more than politicians).

And it is by creating companies (not political parties and associations) that Europeans have developed their continent. Is not this what their immigrants (including the excluded, poor, adventurers) did in America, Australia and New Zealand to develop these regions?

Is not that what the Chinese do today - after Maoism and the Cultural Revolution - to flood our markets with every product imaginable and even unimaginable?

Is not that what Aliko Dangote, Talon, Nassa (Coris Bank), Bonkougou (EBOMAF) have done to be among the billionaires in their countries?

Lastly, the Public Service and existing companies can not absorb the graduates and rejections of the School. These people have to start their businesses.

So how to create and develop a business that meets his life plan?

Module 1 (and book): **Create the company that meets your life plan**

According to statistics, in Burkina, one (1) business out of 3 does not survive the first year. Various causes of these failures are given by the experts. Ecovie ranks, as the leading cause of failure, the lack of personality and entrepreneurial spirit of the promoters, far ahead of the lack of experience, training and funding. Second is mismanagement.

This module places a special emphasis on the reinforcement of the personality, on the acquisition of the fabric of an entrepreneur, and on the development of financial intelligence.

Then, the module guides the learner, step by step, so that he is able to answer the questions frequently asked by the creators and buyers of companies and the actors of the informal economy who want to boost their business. In particular, how:

- to find a promising idea;
- to conduct the market study;
- to conduct the technical and financial study,
- to deduce from these studies a business plan.

In a nutshell, on how to translate a business idea into a profitable and bankable project.

Module 2 (and book): **Finance, manage and grow your business**

Many business creators mention the difficulties of financing. This module helps participants to start small and find funding around them, especially with public and private institutions that grant grants to help start businesses and entrepreneurship training.

For Ecovie, the second cause of corporate failure is mismanagement. Also, the second part of this module deals with the fundamentals of a good planning and day-to-day management of an SME / SMI, including sales techniques, daily management of accounting.

There are two management principles:

1) Make more money than it gets out - or not take out more money than it gets back

2) Get the money back in before you get out - or leave it after it's back

All the rest are execution details.

Many businesses (mostly informal ones) are subsistence businesses (which just allow developers to survive). They are lacking vision. Also, the module guides the learner on how to develop and implement a strategic business development plan.

Pedagogical approach (from tales, maxims and proverbs ...)

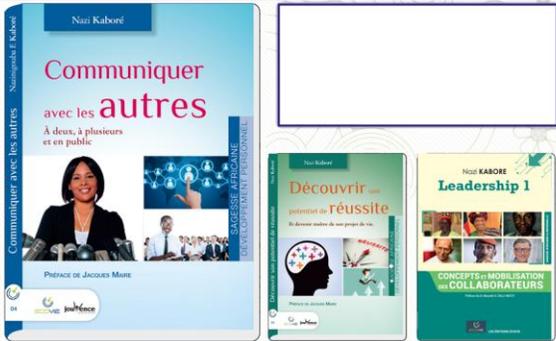
Ecovie courses are accessible to people with a 3rd level of high schools and colleges. Since 2018, we started to give them in the national language Mooré.

The Ecovie training methods, built on Socrates' maieutic strategy, are active, participative and joyful. They encourage learners to think for themselves to discover the purpose of teaching; then to go to the school of life, to learn to constantly renew their knowledge, learning from their daily activities, those of others, and their studies.

Also, in our sessions, the art of strategic thinking, motivation, intensive practice and feedback are privileged. Our training methods, abundantly illustrated, use tales, maxims, proverbs, anecdotes, quotes, testimonials, role plays, simulations, case studies, discussion groups, oriented reading, brainstorming, audio and audiovisual documentaries, field visits, use of the Internet etc.

**Des livres de belle facture pour réussir
votre vie & votre leadership**

à partir de contes, anecdotes, maximes et proverbes africains



Des livres vendus en Europe Belgique, France et Suisse, par Amazon et FNAC



les 3 dimensions de la réussite
 ● Atteindre les objectifs qu'on se fixe ;
 ● Avoir de bonnes relations ;
 ● Aider d'autres à réussir.

LES ÉCOLES DE LA VIE
 Formations, études et livres

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 11 BP 832 Ouagadougou, Burkina Faso,
 Téléphones : (+226) 25 48 18 59, 70 20 53 62 - Email : ecovie@fasonet.bf - Site web : www.ecoviebf.org

Remerciements : Éditions Jouvence et MCAT-Burkina

Ecovie Publishing: 9 books, 1,426 pages

The books, which at the same time serve as materials for the course, were written at the request of the participants in the School of Life survey conducted in 2006 and 2007 in 10 regional capitals of Burkina Faso.

The latter wanted to have self-training manuals accessible in terms of cost and level of understanding. The first books were produced by craftsmen in 2008.

But the publication project was going to take on an unexpected dimension following the meeting with a couple of patrons: Jacques and Madeleine Maire, owners of Éditions Jouvence (Switzerland).

Jacques and Madeleine Maire believed in the Ecovie project and helped it, financially and technically,

in the creation of Éditions des Ecoles de la vie (Ecovie Publishing), RC N ° BFOUA 2015B1471 of 23/03/2015 as a limited liability company. U, "to help boost reading and literary production in Burkina Faso and Francophone Africa, including publications on personal development, well-being, leadership, couples. "

he Ecovie Publishing have reissued 'Is there a pilot on the plane?', Reviewed and updated, in 5 volumes of beautiful invoice. These 5 books were co-published by Éditions Jouvence and distributed in Belgium, France and Switzerland.

Thus, since November 2018, most of the lessons of the Schools of Life in Good Governance and Entrepreneurship have been transcribed and published in 9 books of 1,426 pages.

Dimension of Success	Pack / Book
To set and reach goals	<p>: Pack 1: personal effectiveness</p> <ul style="list-style-type: none"> - Tome 1 : Découvrir son potentiel de réussite - Tome 2 : Acquérir la maîtrise de soi - Tome 3 : Se relier aux grandes lois de la réussite

To build and maintain fulfilling relationships	Pack 2 : Relational Effectiveness - Tome 4 : Communiquer avec les autres - Tome 5 : Réussir sa vie à deux et donner un bon départ à ses enfants
To mobilize, organize, motivate and lead followers on the path to success	Pack 3 : Organizational and managerial efficiency - Leadership 1 : Concepts et mobilisation des collaborateurs Leadership 2 : Organisation motivante et management des équipes - Créer l'entreprise répondant à son projet de vie - Financer, gérer et développer son entreprise
For a successful life	Success Pack: Packs 1+2+3

To date, Ecovie Publishing has produced seven (7) other Burkinabe authors.

Titre	Auteur
Prénoms du Burkina Faso »	Tiraogo Maxime Ily
Gestion des Ressources Humaines	B. Aristide Isidore Dondassé
Le sage qui éduquait les enfants (contes)	Issouf Sankara
La route du non-retour (roman)	Abdel Constant Guiré
Le succès au goût d'échec	Saidou Didier Lonfo
Gouyaks chauds	Nazi Kaboré
L'exil de l'amour	Windyam Assétou Maïga
Mes ailes pour demain	Honoré Komboïgo

Wellness bookshop

In addition to his own productions, Ecovie distributes in Burkina the books of Editions Jouvence in his bookstore; "A bookstore for personal development in the center of Ouaga" as was surprised, one day, an expatriate.

In addition to training and adult books, Ecovie is implementing the second part of its (children's) program through Saponé's Holistic Education Center.
(See [article](#))

Phase 3 : le (futur) Institut de réussite intégrale de Saponé (IRIS)

Dans la conception du projet Ecovie, il est prévu la création d'un Institut de réussite intégrale dans les environs de Ouagadougou. C'est à cet effet, que le terrain de 9,51 ha, qui abrite le complexe d'éducation holistique, a été acquis en 2010 à Saponé (35 km au sud de Ouagadougou). Outre ce complexe et son Espace de créativité et d'économie

verte, il sera érigé sur le site **Institut de réussite intégrale de Saponé (IRIS)** composé de :

- un **Centre de gouvernance personnelle et organisationnelle** qui formera des leaders pour les organisations économiques (entrepreneuriat), politiques (partis et institutions de régulation) et sociales (associations) ;
- un **Centre de bien-être physique et spirituel**, pour se décompresser loin de la ville, se reposer, méditer, se ressourcer ;
- un **Centre de rencontres interculturelles** pour une meilleure connaissance des autres cultures et une promotion de valeurs universelles et de leçons apprises.

Conclusion

"Even in purely technical professions such as engineering, success is due for about 15% to technical skills and 85% to human skills, personality and leadership qualities. "

Our goal is to enable all those who want success for themselves, their families, their communities, their planet, to appropriate these human skills, to reinforce their personalities and their qualities of leader, to evolve, to contribute more and flourish.

These leaders will impact the economic and social organizations, the institutions and therefore Burkina and Africa.

We also hope to spur other initiatives that contribute to the advent of zaaman noogo, the world of love, justice, fairness, tolerance, cooperation and peace so much sung by poets around the world.

The success of our trainings and our books, the support we got from personalities from the world of culture, universities and the media and the trust of technical and financial partners (some of whom are outside Burkina) seem to confirm the usefulness and relevance of the project.

This is the place for us to express our gratitude to all of you for having believed in the project and for investing in it at this stage. Whenever the rooster crows (or the clock will ring at your place) find it the expression of our gratitude.

The challenge today is to consolidate the gains, to improve the program. Also this 10th year jubilee will also be used to go back on the field (caravan), to meet the beneficiaries and resource persons, to seek their advice and support again for the next step.

Programme de formation complète en leadership

Objectif général : Former des femmes et des hommes intègres, créatifs et sains de corps et d'esprit vivant en frères et en harmonie avec leur écosystème et réussissant leurs vies privées puis publiques.

Niveau 1 : GOUVERNANCE PERSONNELLE (DEVELOPPEMENT INTEGRAL DE LA PERSONNE)

Objectif 1: Acquérir l'efficacité personnelle afin de réussir tout ce qu'on entreprend.

Réf	Objectifs	Thèmes	Livre support
DP1	<p>Élaborer une vision, découvrir son potentiel de réussite et renforcer sa confiance en soi Découvrir les règles qui permettent de réussir sa vie ; Se fixer, pour la vie, des buts réellement motivants ; Bâtir sur les 4 pierres angulaires de la réussite ; Découvrir et développer son potentiel de réussite ; Transformer les problèmes en de simples défis à relever ; Décliner une vision en un projet de vie .</p>	<p>Introduction aux 3 module : 'Un voyage se prépare' Module 1. Vision, confiance en soi et projet de vie 1.1 Les lois/principes de réussite 1.2 Vision, motivation, détermination et foi 1.3 Le potentiel de réussite : dons/machine universelle, pouvoir de création et loi de l'attraction 1.4 Techniques de résolution de problèmes 1.5 Le projet de vie Concl : stratégie de mise en œuvre des acquis du module</p>	<p>Série 'Y a-t-il un pilote dans l'avion ?' Tome 1 : Découvrir son potentiel de réussite</p>
DP2	<p>Acquérir la maîtrise de soi Prendre conscience de ses programmes et formatages Développer une discipliner face aux pulsions, instincts, penchants... Transformer ses faiblesses en forces ; Identifier et traiter gagnant/gagnant avec les manipulateurs.</p>	<p>Module 2 : Conscience et maîtrise de soi 2.1 Développez une discipline face aux sollicitations du ventre et du <i>bas-ventre</i> (pulsions, instincts, penchants...) 2.2 Développez une discipline face au désir de paraître important, à la prétention et à la vanité 2.3 Les trois peurs, la colère, la mentalité de pénurie, l'inquiétude... : des alliées pour atteindre ses buts 2.4 Attention à la manipulation Notion d'intelligence émotionnelle Concl : stratégie de mise en œuvre des acquis du module</p>	<p>Tome 2 : Acquérir la maîtrise de soi</p>

<i>DP 3</i>	Passer à l'action et persévérer Changer (au besoin) de paradigme ; Acquérir des habitudes de pensée et d'action gagnantes ; Gérer efficacement ses ressources (temps, argent...) ; Se perfectionner régulièrement et surmonter les obstacles sur le chemin de la réussite.	Module 3 : Les grandes lois de la réussite 3.1 Croyances, valeurs et principes positifs 3.2. Les lois naturelles universelles 3.3 Habitudes de pensée et d'action gagnantes (AMP) 3.4 Gestion du temps et des priorités 3.5 L'école de la vie, la persévérance et la responsabilité personnelle Concl : stratégie de mise en œuvre des acquis du module Conclusion des trois modules : les 4 piliers de la personnalité	Tome 3 : Se relier aux grandes lois de la réussite
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Niveau 2 : **GOVERNANCE INTERPERSONNELLE**

Objectif 2: Acquérir l'efficacité interpersonnelle (relationnelle) afin de nouer et entretenir des relations épanouissantes (avec un accent sur la vie à deux (couple))

<i>Réf</i>	Objectifs	Thèmes	Livre support
<i>DP 4</i>	Nouer et entretenir des relations mutuellement épanouissantes Bien choisir ses compagnons de route (collaborateurs, amis...) ; Bien communiquer à deux ; Faire des critiques et des disputes constructives ; Créer et/ou maintenir l'harmonie dans son couple ; Donner un bon départ à ses enfants.	Module 4 : Relations et communication épanouissantes 4.1 Communication, transactions et relations épanouissantes 4.2 Critiques et disputes constructives 4.3 La vie à deux 'pour le meilleur' 4.4 L'éducation des enfants : le rôle des parents 4.5 l'éducation prénatale 4.6 Notion de PNL Concl: stratégie de mise en œuvre des acquis du module Conclusion des 4 modules : le bonheur	Tome 4 : Communiquer avec les autres Tome 5 : Réussir sa vie à deux

Librairie et bibliothèque Ecovie. Visitez votre librairie de la bonne gouvernance et du bien-être pour acheter des livres qui font référence dans les domaines du développement personnel, du bien-être, du leadership, du couple/famille, de l'entreprise : les livres des Éditions Jouvence, des Éditions Ecovie, les livres de contes éducatifs, les best-sellers américains et d'autres écoles)

Nous offrons aussi les services suivants :

1. Écoute, accompagnement pour problèmes personnels, interpersonnels (couples) et collectifs (conflits du travail) (sur RDV) ;
2. Location de salle de réunion/cours climatisée de 25 places avec vidéo projecteur, sonorisation, tableau blanc, etc.
3. Formation à la demande.

Dimension 3 : GOUVERNANCE ORGANISATIONNELLE (LEADERSHIP)

Objectif 3 : Acquérir l'efficacité managériale et organisationnelle pour créer et gérer des organisations performantes.

Mobiliser à sa cause, organiser et motiver des *collaborateurs/coéquipiers/suiveurs/compagnons*.

	Objectifs	Thèmes	Livre/support
LD1	Maîtriser le concept de leadership Définir et expliquer l'importance du leadership dans la gestion des organisations ; Maîtriser les concepts de domaines, dimensions, types et styles de leadership ; Identifier et surmonter les contraintes au leadership des femmes et des jeunes ; Distinguer le leadership des concepts voisins.	1. Leadership : un meneur, des suiveurs, un but 1.1 Définitions du leadership 1.2 Un couple meneur-suiveurs (types de leadership) 1.3 Un but commun 1.4. Styles de leadership et <i>followership</i> 1.5 Leadership et genre 1.6 Concepts voisins (management, DP, coaching) Concl: stratégie de mise en œuvre des acquis du module	Leadership 1 : concepts et mobilisation des suiveurs Covey, Stephen R, <i>l'étoffe des leaders</i> Jack Welch, <i>24 leçons de leadership</i>
LD1-S	Participer à la conception et à la construction du monde de demain Comprendre la mondialisation et son impact sur la planète ; Maîtriser les concepts de développement durable et d'économie verte ; Identifier des opportunités de leadership.	2. Mondialisation et opportunités de leadership 2.1 Mondialisation de la société de consommation de masse, ultralibéralisme et écosystèmes 2.2 Les crises économiques, politiques et sociales récurrentes 2.3 Développement durable et économie verte 2.4 Opportunités de leadership Concl: stratégie de mise en œuvre des acquis du module	<i>La puce et l'olivier</i> , Thomas Friedman La révolution créatrice de Bruno Poirier
LD2	Mobiliser les suiveurs de par sa personnalité Renforcer sa personnalité ; Identifier les principes de base du leadership ; Surmonter les obstacles et les résistances au changement.	3. La personnalité d'abord 3.1 Le leader : un serviteur 3.2 Un modèle d'intégrité, de justice, d'équité, de sagesse 3.3 L'obligation de résultats 3.4 Développement des collaborateurs, délégation et relève Concl: stratégie de mise en œuvre des acquis du module	<i>Leaders efficaces</i> , Thomas Gordon Leadership 1 : concepts et mobilisation des collaborateurs
LD2-S	Mobiliser les collaborateurs de par sa vision programme/projets Formuler un projet ; Planifier la mise en œuvre, le suivi et l'évaluation ; Impliquer effectivement les <i>suiveurs</i> ; Communiquer une vision et susciter l'adhésion du groupe.	4. La vision ensuite 4.1 Vision, mission, projet et buts 4..2 Formulation de projet 4.3 Planification et gestion de projet 4.4 De la vision personnelle à la vision organisationnelle 4.5 Prise de parole en public : préparation et exercices de mise en situation	Leadership 1 : concepts et mobilisation des collaborateurs Tome 4 : Communiquer avec les autres (en public)

LD3	Organiser des collaborateurs Créer une organisation performante ; Gérer démocratiquement une organisation ; Construire et manager des équipes ; Prévenir, désamorcer les conflits et éventuellement orchestrer leurs résolutions ;	5. Structure et fonctionnement d'une organisation ; 5.1 Les organisations 5.2 Structures et systèmes d'une organisation 5.3 A propos de la démocratie 5.4 Du groupe à l'équipe : la conciliation des personnalités 5.5 Cohésion et esprit d'équipe ; 5.6 Management efficace des conflits et crises (Prévention, négociation et médiation).	Leadership 2 : organiser et motiver des collaborateurs <i>Le manager minute</i> , Kenneth Blanchard et Spencer Johnson
LD6	Motiver des collaborateurs Analyser et comprendre les leviers de la motivation ; Autonomiser, encourager les initiatives, la créativité et la coopération ;	6. « La meilleure motivation » 6.1 Amélioration continue (Kaizen) et motivation ; 6.2 Organisation motivante du travail : du Taylorisme au SMQ 6.3 « <i>Détendre de temps en temps l'arc</i> ».	<i>Motiver pour gagner</i> , Ramez Cayatte et Leadership 2 : organiser et motiver des collaborateurs
Sup-E	Créer et gérer efficacement une entreprise Acquérir l'étoffe d'un entrepreneur renforcer son intelligence financière ; Monter un projet d'entreprise bancable ; Réunir le financement et conduire les formalités de création ; Organiser la production ; Élaborer les indicateurs et piloter son entreprise ; Développer son entreprise.	7. Créer l'entreprise répondant à son projet de vie 7.1 Les vrais riches 7.2 Du besoin humain au plan d'affaires 7.3 L'étude de marché et la stratégie Marketing 7.4 L'étude technique et financière 7.5 Les sources de financement et la procédure de création 7.6 L'organisation et la planification de la production 7.7 Techniques de vente, gestion prévisionnelle et quotidienne 7.8 Plan stratégique de développement d'une entreprise	Créer l'entreprise répondant à son projet de vie Financer, gérer et développer son entreprise
Sup-A	Créer et gérer une association Se familiariser avec les principes de base qui sous-tendent une association; Distinguer les rôles des acteurs internes membres, délégués, dirigeants, etc. Impliquer et accroître la participation des membres ; Elaborer un programme d'activités et un plan	8. Management efficace d'une association 8.1 Les objectifs et principes de base des associations (OSC) 8.2 : Le concept de développement durable 8.3 : Structure démocratique d'une organisation 8.4 : Le rôle des membres 8.5 : Les rôles de la direction exécutive et du secrétariat 8.6 : Réunions et prises de décisions démocratiques 8.7 : Le programme d'activités, le plan de travail et le budget	<i>En conception</i>
Sup-P	Créer et gérer efficacement un parti politique	<i>En conception</i>	<i>En conception</i>