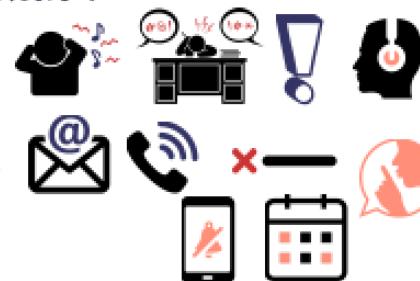


S'ORGANISER POUR RÉUSSIR



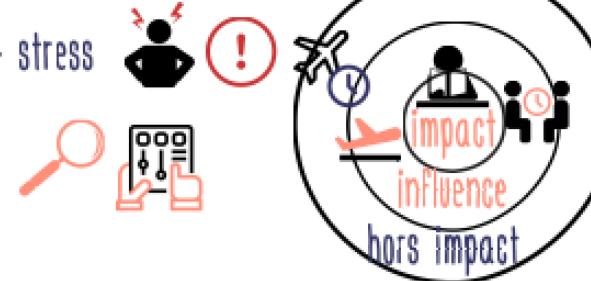
parasites extérieurs :

- nuisances
- interactions



parasites internes :

- stress

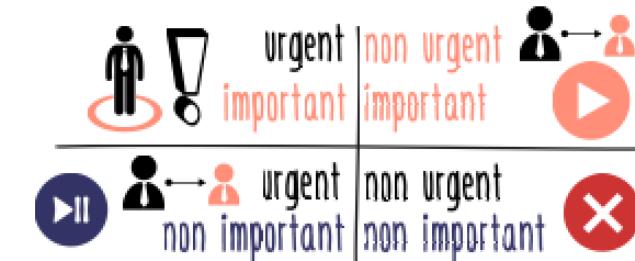


- procrastination



de Isabelle Aussant

délégation



- compétences
- motivation

