

Living and working in Quebec



Target audience

Employees preparing for an assignment in Quebec and their partners



Prerequisite

No prerequisite



Objectives

This seminar aims at significantly improving the ability of the participants to meet the challenges of living and working abroad. The objective is to enable them to identify the stumbling blocks that lie ahead and to be able to adapt and integrate in Quebec.

At the end of this training, participants will have acquired insights and techniques to:

- Be aware of their own cultural baggage
- Understand Quebec context and culture
- Analyse situations in which misunderstandings may arise and identify ways of communicating more effectively
- Reduce and manage the symptoms of culture shock
- Understand another mindset, different work practices, decision-making processes and negotiating styles
- Strike the right balance between personal et professional lives



Added value

- Conducted by an intercultural expert consultant
- Decoding the Nomad' Profiler
- Alternating theory and practical exercises
- Access to Digital Learning for 1 year
- Sharing best practices and personalized action plan



Accessibility

All our training courses are accessible to people with disabilities. Each training project will be the subject of a case study by our teams, in order to adapt the training program.



Corporate Training Solutions

Duration: to define.

You wish to organise a specific training course ?
Contact us !

PROGRAMME OUTLINE

MODULE 1 : SUCCESSFUL PERSONAL INTEGRATION IN QUEBEC

1. Cross-cultural awareness: the key to a successful expatriation

- Taking stock of one's own cultural baggage
- Culture shock and the integration process
- Identifying and going beyond cultural stereotypes

2. Key aspects of Canadian and Quebec's cultures

- An immense, multiethnic and multicultural country, a land of migration
- An attractive province three times the size of France
- The Canadian federation and the province of Quebec: two governing bodies
- Self-determination for Quebec: a historical issue
- A free, high quality educational system

3. Values and behaviour patterns in Quebec

- Quebec's identity: between Americanism and Frenchness
- The family unit: a cornerstone of society, the impact of religion
- The work ethic as a core value
- A monochronic and organized view of time, planning and acting
- The importance of free space
- Methodological rationality

4. Practical day-to-day information

- Focus on the host town or city
- High quality medical and social systems
- High quality facilities and amenities
- An unlimited choice of leisure activities

MODULE 2 : SUCCESSFUL PROFESSIONAL INTEGRATION IN QUEBEC

1. The corporate world in Quebec

- American influence or the primacy of free initiative
- A hierarchical and coordinated organisational structure
- Efficiency, discipline and precision
- The role of national and local authorities

2. Effective communication with the Quebecois

- Quebecois French: going beyond the myths
- The use of English in business circles: a decisive factor
- Understanding the context in order to effectively get your message across
- Appreciating the value of explicit information
- Keeping your distance in order to build and maintain trust

3. Working with local teams

- Effective management: giving praise where praise is due
- The combination of discipline with a relaxed attitude
- Decisions taken on a consensual but hierarchical basis
- Ensuring a wider skills base in order to maximise performance
- Solving conflicts judiciously: listening and understanding

4. Successful meetings and negotiations with the Quebecois

- Organizing an action plan
- Punctuality, conciseness and responsiveness
- Listening to and respecting partners and suppliers
- Getting to grips with Quebecois and Federal legal aspects

5. Final handy tips

- Social standards, gifts, business cards, dress code
- Sensitive subjects: history, religion, independence, Americanisation
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