

# Calendrier 2nd semestre 2024 - au Puy Saint Bonnet (49 CHOLET)

| Juillet |   |          | Août |   |          | Septembre |   |                 | Octobre |   |                 | Novembre |   |                 | Décembre |   |                 |
|---------|---|----------|------|---|----------|-----------|---|-----------------|---------|---|-----------------|----------|---|-----------------|----------|---|-----------------|
| 1       | L | 27       | 1    | J |          | 1         | D |                 | 1       | M |                 | 1        | V |                 | 1        | D |                 |
| 2       | M | MN1      | 2    | V |          | 2         | L | 36              | 2       | M | INTRA           | 2        | S |                 | 2        | L | 49              |
| 3       | M | MN1      | 3    | S |          | 3         | M |                 | 3       | J | INTRA           | 3        | D |                 | 3        | M | CAP MANAGER 6/9 |
| 4       | J |          | 4    | D |          | 4         | M |                 | 4       | V |                 | 4        | L | 45              | 4        | M |                 |
| 5       | V |          | 5    | L | 32       | 5         | J | CAP MANAGER 3/9 | 5       | S |                 | 5        | M |                 | 5        | J | MN1             |
| 6       | S |          | 6    | M |          | 6         | V |                 | 6       | D |                 | 6        | M |                 | 6        | V | MN1             |
| 7       | D |          | 7    | M |          | 7         | S |                 | 7       | L | 41              | 7        | J | SER             | 7        | S |                 |
| 8       | L | 28       | 8    | J |          | 8         | D |                 | 8       | M |                 | 8        | V |                 | 8        | D |                 |
| 9       | M | COM      | 9    | V |          | 9         | L | 37              | 9       | M | EDS             | 9        | S |                 | 9        | L | 50              |
| 10      | M | COM      | 10   | S |          | 10        | M | COM             | 10      | J | EDS             | 10       | D |                 | 10       | M | MN1             |
| 11      | J |          | 11   | D |          | 11        | M | COM             | 11      | V |                 | 11       | L | 46              | 11       | M | MN1             |
| 12      | V |          | 12   | L | 33       | 12        | J |                 | 12      | S |                 | 12       | M |                 | 12       | J |                 |
| 13      | S |          | 13   | M |          | 13        | V |                 | 13      | D |                 | 13       | M | MN2             | 13       | V |                 |
| 14      | D |          | 14   | M |          | 14        | S |                 | 14      | L | 42              | 14       | J | MN2             | 14       | S |                 |
| 15      | L | 29       | 15   | J |          | 15        | D |                 | 15      | M | CAP MANAGER 4/9 | 15       | V |                 | 15       | D |                 |
| 16      | M | intra    | 16   | V |          | 16        | L | 38              | 16      | M |                 | 16       | S |                 | 16       | L | 51              |
| 17      | M | intra    | 17   | S |          | 17        | M |                 | 17      | J |                 | 17       | D |                 | 17       | M | COM             |
| 18      | J |          | 18   | D |          | 18        | M | INTRA*          | 18      | V |                 | 18       | L | 47              | 18       | M | COM             |
| 19      | V |          | 19   | L | 34       | 19        | J | INTRA*          | 19      | S |                 | 19       | M | CAP MANAGER 5/9 | 19       | J |                 |
| 20      | S |          | 20   | M |          | 20        | V |                 | 20      | D |                 | 20       | M | MOT             | 20       | V |                 |
| 21      | D |          | 21   | M |          | 21        | S |                 | 21      | L | 43              | 21       | J | cap découverte  | 21       | S |                 |
| 22      | L | 30       | 22   | J |          | 22        | D |                 | 22      | M |                 | 22       | V |                 | 22       | D |                 |
| 23      | M | SER      | 23   | V |          | 23        | L | 39              | 23      | M | COM             | 23       | S |                 | 23       | L | 52              |
| 24      | M | ATELIER* | 24   | S |          | 24        | M | cap découverte  | 24      | J | COM             | 24       | D |                 | 24       | M |                 |
| 25      | J |          | 25   | D |          | 25        | M |                 | 25      | V |                 | 25       | L | 48              | 25       | M |                 |
| 26      | V |          | 26   | L | 35       | 26        | J | ANIM            | 26      | S |                 | 26       | M |                 | 26       | J |                 |
| 27      | S |          | 27   | M | INTRA    | 27        | V |                 | 27      | D |                 | 27       | M |                 | 27       | V |                 |
| 28      | D |          | 28   | M | INTRA    | 28        | S |                 | 28      | L | 44              | 28       | J | COM             | 28       | S |                 |
| 29      | L | 31       | 29   | J | ATELIER* | 29        | D |                 | 29      | M | INTRA           | 29       | V | COM             | 29       | D |                 |
| 30      | M |          | 30   | V |          | 30        | L | 40              | 30      | M | INTRA           | 30       | S |                 | 30       | L |                 |
| 31      | M |          | 31   | S |          | 31        | J |                 | 31      | J |                 | 31       | M |                 | 31       | M |                 |

|                           |     |      |
|---------------------------|-----|------|
| CAP COMMUNICATION         | 14H | COM  |
| CAP MANAGEMENT N1         | 14H | MN1  |
| CAP CROISSANCE D'EQUIPE   | 14H | MN2  |
| CAP VENTE                 | 14H | ITI  |
| CAP CONSEILLER SEDENTAIRE | 14H | SED  |
| CAP MOTIVATIONS           | 7H  | MOT  |
| CAP SERENITE              | 7H  | SER  |
| CAP COACHING N3           | 14H | COA  |
| CAP ESTIME DE SOI         | 14H | EDS  |
| CAP ANIMATION DE GROUPE   | 7H  | ANIM |

TARIFS 2024 HT  
 Formation de 7h : 490 €/HT /personne  
 Formation de 14h : 950 €/HT/personne  
[contact@cap-and-co.fr](mailto:contact@cap-and-co.fr)  
 Sophie 06 18 86 23 85



plannification de 2025 : en octobre 2024

Inscription possible sous réserve des places disponibles et au minimum 15 jours avant le début de la session

Ouverture possible sur demande pour groupe de 4 personnes minimum. **Nos programmes de formation sont téléchargeables depuis notre site ->**

