

Training Configure and deploy a Private Cloud with Microsoft System Center 2012



SII-220 5 Days (35 Hours)



Description

This training is delivered under the conditions defined by Microsoft: in partnership with an approved Microsoft Learning training center, Microsoft certified trainer, official Microsoft lab, official Microsoft course support. This System Center 2012 training allows participants to acquire the knowledge to design, install and configure a private Cloud, configure and deploy the application infrastructure and key components of Microsoft System Center 2012 necessary for the delivery of services on a Cloud infrastructure private

Who is this training for ?

For whom

This training is primarily aimed at cloud administrators

Prerequisites

Aucune

Training objectives

- -Plan for a hybrid cloud
- Configure and deploy a private cloud with Microsoft System Center 2012 R2 Virtual Machine Manager
- Extend and maintain a Cloud infrastructure
- Configure application delivery for a cloud
- Create blocks in a private cloud
- Deploy and access to private clouds
- Monitor Cloud infrastructure
- Extend and customize Cloud infrastructure monitoring
- Implement service management for the Cloud
- Configure high availability, disaster recovery and protection for the Cloud
- Automate and standardize the Cloud
- Configure a multi-tenant cloud

Training program

Les émotions et leurs impacts

- Cognitive theories of emotions.
- External and internal stimuli.
- The pleasant and harmful consequences of emotional states: on oneself and on others.
- Stressors and emotions.
- Sympathy, empathy and antipathy.
- Emotions determine action or inaction.
- Practical work Writing a personal inventory of one's emotional states and their impacts.

Comment identifier ses émotions et leurs conséquences ?

- The Event-Thought-Emotion-Behavior dynamic.
- Our thoughts are at the source of all our emotions.
- Energizing emotions: joy, pleasure, calm, serenity, satisfaction, motivation.
- Unpleasant emotions: anxiety, fear, sadness, regret, hostility, guilt, depression, discouragement.
- Adapted (useful) and maladaptive emotional stress (harmful).
- The effects of emotions on our relationships and communications.
- Constructive and harmful consequences.
- Spontaneous thoughts.
- Practical work Self-assessment test of emotions and assessment.

Comment gérer ses émotions ?

- Manage stress of emotional origin.
- Channel your stress through the choice of your reactions.
- Deal positively with pressure.
- Be assertive rather than fleeing, being passive or aggressive.
- Motivate ourselves positively by abandoning our negative and unrealistic thoughts.
- Maintain a rational attitude and realistic perceptions.
- Treat situations according to emotional levels.
- Defuse our emotions and those of others.
- Practical work Situations on assertiveness and defusing aggressive attitudes.

S'exercer à la maîtrise de ses émotions

- Practical tools for controlling your emotions.
- Confrontation of thoughts causing harmful emotions.
- Specific confrontation questions.
- The relaxation technique: positions and approach.
- Practical work Exercise: confronting spontaneous thoughts and cognitive distortions.
- Exercise: applying a relaxation technique.

Dégager un plan d'action personnalisé

- Set and design objectives for cognitive and behavioral progress.
- Practical work Drafting an individual action plan for managing emotions.