

About

Founded in 2016

97% satisfaction



Doussou Formation – Canadian provider of market-ready IT training

Founded in 2016, **Doussou Formation** quickly established itself as a leader in training for information technology, office productivity, human capital, project management, and graphic design, in Quebec and across Canada.

Our approach & quality commitment

- **Certifications and recognition:** over 97% satisfaction based on client evaluations.
- **Practice-based pedagogy:** 100% hands-on training, in small groups, with course materials, personalized follow-up, and certification at the end of the program.
- **Experienced trainers:** seasoned professionals, rigorously selected and assigned according to your needs.

Geographic reach & accessibility

Our training sessions are offered in person in **Montreal, Quebec City, and Gatineau/Ottawa**, as well as in **virtual classrooms** accessible anywhere in Canada.

We serve **businesses, public organizations, NPOs, and individuals** with a standardized “market-available” offering, compliant with procurement requirements (no custom development).

[Montreal](#)

[Quebec City](#)

[Gatineau / Ottawa](#)

[Online \(Canada\)](#)

Training domains & topics

More than **100 ready-to-start courses** – organized by major **topics** to quickly meet your needs.

Productivity & Office Tools

Data & Analytics

Development & DevOps

Collaboration & M365

Design, Graphics & Multimedia

Leadership & Human Capital

Project Management

Digital Marketing & SEO

Emerging Technologies & AI

Productivity & Office Tools

- **Spreadsheets & automation** – Excel (pivot tables, Power Pivot), Google Sheets
- **Documents & layout** – Advanced Word, templates, mail merge

- **Communication** – Outlook, email best practices

Data & Analytics

- **BI & visualization** – Power BI (Modeling, DAX), Tableau
- **Databases** – SQL (queries, optimization)
- **Data science** – Python for analysis

Collaboration & M365

- **Teams & team productivity** – meetings, channels, best practices
- **SharePoint & OneDrive** – structures, permissions, governance
- **Copilot & applied AI** – responsible use and quick wins

Design, Graphics & Multimedia

- **Adobe Suite** – Photoshop, InDesign, Illustrator
- **UX/UI & prototyping** – Figma, mockups and components
- **Animation & content** – basics of 2D/3D, visual storytelling

Leadership & Human Capital

- **Management** – leadership, two-way feedback
- **Effectiveness** – time & priority management
- **Work climate** – managing difficult employees

Project Management

- **Methods & tools** – planning, monitoring, risk management
- **Microsoft Project** – calendars, resources, reports
- **Agile/Hybrid** – practical team practices

Digital Marketing & SEO

- **SEO** – technical, content, linking, monitoring
- **Acquisition** – Google Ads, social media
- **Content** – editorial guidelines, conversion pages

Emerging Technologies & AI

- **Generative AI** – ChatGPT, Copilot, best practices
- **Systems & dev** – Linux, JavaScript, React, DevOps
- **Automation** – scripts, integrations, workflows

*Indicative lists: each topic is available at **beginner**, **intermediate**, and **advanced** levels, in person or in virtual classrooms.*

Our clients & references

- **Governments:** federal, provincial, municipal.
- **Public institutions:** CNESST, SAAQ, BANQ...
- **Education & NPOs:** universities, colleges, community organizations.
- **Private sectors:** Hydro-Québec, Vidéotron, Bell, Desjardins...
- **International presence:** France, DRC, Guadeloupe, Mali.

Why choose Doussou Formation?

Strength	Description
Pan-Canadian reach	In-person in Quebec + virtual across Canada.
Standardized offering	Clear, ready-to-use catalog.
Small groups & support	Better learning through personalized guidance.
Bilingual accessibility	Materials and training in French and English.
Transparent pricing	Public rates, discounts under conditions (F01).
Proven credibility	Expert trainers, recognized clients.

Address: 1155 Metcalfe Street – Montreal

[Contact us](#)

[View PDF catalog](#)

They trust us

Many companies, institutions, and organizations place their trust in us and continue to attend our training.

Here are some examples:

Sector	Organizations
Financial services, real estate and insurance	Desjardins, National Bank of Canada, Intact, Olympus, Global Pay
Leisure, culture and hospitality	Caraïbes Nordiques, Tangente Danse, PPS Danse, Théâtre de la Dame de Cœur, Le Carrousel, Productions Roméo et Fils, Tidan
Federal government agencies	Government of Canada, RCMP, Department of Fisheries and Oceans, National Defence

Sector	Organizations
Provincial government agencies	Ministry of Families, Ministry of the Environment, MSSS (Ministry of Health and Social Services), CNESST, Québec Research Fund, SAAQ, Public Curator, BAnQ (National Library and Archives of Québec), Tourisme Québec, UPAC
Municipalities	City of Montréal, Municipality of Sayabec
Education services	Laval University, Université de Montréal, Cégep de Trois-Rivières, Royal Military College Saint-Jean, University of Ottawa, CPE de la Courtepointe
Technology & communications	Captel, Blue Solutions, Progi, PMG Technologies, Hydro-Québec, Vidéotron, Bell Canada, TC Transcontinental, GRICS
Non-profit organizations	Résidence Le Monarque, Réseau-Femmes Ontario, Sphère Québec, Alzheimer Outaouais, Valoris, Culture Laval, Québec Logistics Innovation Institute
Social & public services	Urgences-Santé, IDDPNQL, CSS des Patriotes (School Service Centre), SIS Immigration, RDÉE Canada, Société Économique de l'Ontario
Associations & professional orders	Ordre de la Physiothérapie du Québec, Professions Québec, CPA Québec, Public Service Alliance, Association des cadres des CPE
Construction & manufacturing	ENERGI Fenestration, APL Construction, Canatal, MSP, Veolia, Acti Solutions, Photon, Les Bois de Plancher PG, KID Toy
Transport & logistics	Groupe Morneau, Communauto, STO Outaouais (Public Transit Service)
Agriculture & food	F. Ménard
Retail & e-commerce	Jackfield, Safran
Cosmetics & wellness	Institut de Beauté Manon Simard
International	RATP (France), IMIE (France), Davidson Paris, Koala Web (Guadeloupe), Malitel (Mali), AAC/RDC (Congo)



PDF Expert Essentials: From Document Creation to Secure e-Signatures

PDF Expert Training: Mastering the Workspace

- Discover the intuitive **PDF Expert** interface and customize it to fit your workflow
- Explore tool panels, palettes, and navigation options within PDF documents
- Adjust display settings for optimal reading comfort
- Use zoom and navigation tools effectively

Creating PDF Files with PDF Expert

- Generate PDFs from Word, Excel, image files, or web pages
- Merge multiple files into a single PDF document
- Paste text or images from the clipboard directly into your PDF
- Export content to RTF or image formats

Editing PDF Content

- Edit text and images directly within PDF Expert
- Precisely manipulate graphic elements

Building Navigation Tools

- Use thumbnails for quick navigation
- Add bookmarks, interactive links, and action buttons
- Structure documents for intuitive reading experiences

Advanced PDF Expert Features

- Import images and create links to files, pages, or URLs
- Create an interactive table of contents using visual links
- Use crop tools and prepare PDFs for presentations
- Embed multimedia (videos, audio) into your PDF files
- Extract text/images, tag content, and convert to other formats
- Attach external files and compare document versions

Managing PDF Pages

- Crop, rotate, insert, move, copy, or delete pages
- Extract or replace specific pages as needed
- Add headers, footers, watermarks, and background images

Protecting Your PDF Files

- Use redaction tools to hide sensitive information
- Configure up to 3 levels of password protection
- Apply advanced security settings to your documents

Adding Comments and Annotations

- Highlight, underline, and add text boxes
- Use drawing tools and graphic annotations
- Send documents for review and track feedback
- Import/export annotations and enable Adobe Reader rights

Using Digital Signatures

- Set up and manage your digital signature profiles
- Configure password options and insert personalized signatures

Conclusion of the PDF Expert Training

By the end of this training, you will be able to leverage the full potential of **PDF Expert** to create, edit, and manage professional-grade PDF documents. Whether you work in administration, HR, or document management, this course will boost your efficiency, productivity, and document security.

Illustrator Training : Preparing Assets for After Effects

Introduction to the Illustrator Training: Preparing Your Visuals for After Effects

- Overview of the Adobe Illustrator interface
- Managing panels, windows, and the workspace layout

Creating a New Project in Illustrator

- Choosing templates or predefined formats suitable for animation
- Setting up a custom document
- Introduction to key tools essential for use with After Effects

Guides, Grids, and Rulers: Working with Precision

- Customizing guides and grids based on project requirements

- Using smart guides and rulers for accurate positioning of animated elements

Essential Tools for Designing Animation-Ready Assets

- **Pen Tool:** creating precise paths for animated shapes
- **Brush Tool** and **Blob Brush Tool:** dynamic shape creation
- **Transformation and Warp Tools:** stylizing your visuals
- **Shape Gradient Tool:** smooth transitions and morphing effects
- **Pathfinder Tool:** combining or dividing complex shapes
- **Type Tool:** integrating typography optimized for motion graphics

Layer Management and Export Preparation

- Organizing layers properly for seamless import into After Effects
- Advanced layer operations: naming, grouping, and locking elements
- Best practices for naming layers to prevent import issues
- Exporting to After Effects: compatible formats and recommended export settings

After Effects Training: Complete 4-day course

Introduction to After Effects Training

- Overview of After Effects' main functionalities
- Introduction to the interface: tools, menus, and panels
- Creating and managing a new project
- Organizing the Project panel
- Saving and managing project files

Keyframe Management

- Adding and removing animation keyframes
- Adding markers to synchronize audio and animation
- Using the Motion Sketch panel to refine movements

Text Animations

- Creating point text and paragraph text
- Transforming text using layer properties
- Applying preset text animations
- Animating text through inheritance and paths

- Adding effects such as shadows and blurs
- Previewing animations via Adobe Bridge

Editing Effects

- Using multiple layers and adjustment layers
- Exploring the Effects and Presets panel
- Moving, sliding, and splitting layers
- Creating fades and transitions
- Modifying layer duration and extending animations

Shape Animations

- Creating shapes with the Pen tool
- Animating twists, zigzags, and rounded edges
- Transforming and connecting paths
- Converting text to vector shapes

Slideshows and Precompositions

- Creating animated slideshows
- Using and managing precompositions

Working with Masks

- Creating aesthetic and animated masks
- Applying blending modes to enrich compositions

Character Animation

- Using the Puppet tool for object deformation and animation
- Dynamic recording of keyframes for character animation

Effects Management

- Applying effects: Cycore, fractal noise, particle systems, and more
- Saving and reusing custom effects

Building a 3D Environment

- Manipulating the X, Y, and Z axes
- Animating dynamic cameras
- Managing lighting and light effects

Introduction to Expressions

- Creating links between effect properties
- Controlling animations over time
- Using loops and interdependencies
- Grouping and synchronizing layers

Audio Effects Management

- Adding and managing sound effects
- Using waveforms and audio frequencies

Advanced Audio Editing

- Working with Adobe Audition and After Effects
- Using markers for precise audio editing

Working with Mattes

- Creating and managing Luma and Alpha mattes
- Building visual effects through matte techniques

Rendering and Exporting

- Saving and backing up projects
- Customizing output settings
- Producing high-quality final renders

Illustrator Training : Complete 4-day course

Introduction to Adobe Illustrator Training

Getting Started with the Illustrator Environment

- Overview of the interface and main tools
- Display settings, grids, smart guides, and panels
- Preferences setup and color management
- Using smart guides for fluid positioning

Creating Vector Graphics

- Using predefined shapes and drawing tools
- Precise positioning, layer and stacking order management
- Rulers, guides, selection tools, and alignment
- Mastering the Pen Tool: curves and anchor points
- Editing techniques: brush, blob brush, and path modifications
- Creating simple charts with the Graph Tool

Object Transformation & Shape Construction

- Multiple transformations and action repetition
- Object fusion and envelope distortions
- Advanced use of Pathfinder and Shape Builder

Masking & Graphic Enhancements

- Effective use of clipping masks
- Applying effects and managing with the Appearance panel
- Strokes, alignment, and global color management
- Using gradients and blending modes

Typography & Text Formatting

- Creating point text and text on path
- Using curved, area, and vertical text
- Finding, managing, and customizing fonts

Layer Organization & File Management

- Efficient structuring with layers and Isolation Mode
- Saving and exporting to PDF, JPG, PNG, EPS, and more

Advanced Concepts: Optimization & Recap

- Managing artboards and drawing modes
- Precision work with the pixel grid

Advanced Vector Objects

- Creating patterns, symbols, and complex transformations
- Deep dive into Width Tool and envelope distortions

Complex Graphic Effects

- 3D effects, gradient mesh, and smooth transitions
- Using the perspective grid
- Expanding objects and recoloring illustrations

Working with Bitmap Images

- Managing linked/embedded images and the Links panel
- Image tracing, live paint, and Photoshop effects
- Generating automatic swatches and pixelation

Advanced Paths & Masking Techniques

- Transparent paths, opacity and clipping masks
- Organizing artwork with Isolation Mode

Professional Typography

- Creating and applying character and paragraph styles
- Building a consistent typographic hierarchy

Preparing Files for Print

- Document cleanup and final checks
- Previewing transparency flattening, separations, and overprints
- Print-ready quality control and export

PhotoShop Advanced Training

Introduction to the [Adobe Photoshop – Advanced Training](#)

This advanced training is designed for image professionals, graphic designers, content creators, and communication specialists who want to fully leverage Photoshop's capabilities in demanding production environments. You'll learn high-level retouching, composition, and visual processing techniques tailored for both digital and print media.

Image Fundamentals and Color Management

- Principles of additive and subtractive color synthesis
- Color spaces: HSL, RGB, CMYK
- Understanding reproduction constraints across media (photography, video, print)
- Essential adjustments: levels, curves, black & white, saturation

Advanced Shape Creation and Management

- Vector tools: Pen, Custom Shapes, Pathfinder
- Alignments, distributions, style application and color harmonies using Adobe Color
- Converting shapes into selections or masks
- Managing vector masks and clipping paths

Image Retouching for Production

- Visual analysis and targeted color corrections
- Expert use of adjustment layers and selective corrections

Professional Graphic Production Tools

- Mastery of complex selections: Pen Tool, Transformations, Puppet Warp,

Liquify

- Using guides, grids, quick masks, and efficient document navigation

Professional Cutout Techniques

- Precision cutouts using paths, lassos, and smart selection tools
- Handling complex backgrounds, fine object isolation

Layer Organization and Effects

- Blending modes, transparency, and non-destructive effects
- Dynamic text layers, layer masks, and creative fills

Masks, Channels, and Advanced Selections

- Gradient masks and advanced typographic integration
- Using channels for precise selections and compositing

Working with Smart Objects

- Creating, editing, and applying non-destructive filters
- Combining masks, filters, and dynamic layer structures

Preparing and Optimizing for the Web

- Exporting to multiple formats: JPG, PNG, GIF, HTML
- Creating simple animations (GIFs) and slicing with the Slice Tool

Creative Bonus Modules

- Photomontage, creative blur, light and depth effects
- Sky replacement, special effects, and dynamic filters
- Automation: recording actions, exporting to Illustrator
- Creating patterns, Camera RAW adjustments, and Parallax effects using the timeline

InCopy Training | Classes in Montreal, Quebec, Gatineau

Introduction InCopy

Master the interface, menus and tools

Contextual menu.

preferences

Learn a method of work

Integration of InCopy and InDesign.

File sharing, articles.

Export

archiving

Extraction

updating the information.

Modes of work

InCopy and InDesign

InCopy and InDesign interactions

Preparation in InDesign

Exporting Assignments for InCopy

Opening in InCopy

View mode

Fashion article, closet, layout

Settings preferences and tools

Understanding text entry

Text blocks.

Using grids.

rules and benchmarks.

Applying styles.

Fonts.

Formatting (characters, paragraphs)

Applying styles

Input error warnings

Inversion of letters

Text macros

Change the case

Spell checking

Paragraph and character styles

Calibration

InCopy Calibration or InDesign Calibration

Entering height information

Viewing information

Printing and exporting

Setting

Export in PDF format.

Finalization of the document

Explore more related Adobe and graphic design trainings:

- [Adobe InDesign Complete Training](#)
- [Photoshop Training Classes](#)
- [All Graphic Design Trainings](#)

To learn more about Adobe InCopy, visit:

[Adobe InCopy User Guide](#)

InDesign Advanced Training

Introduction to the Adobe InDesign – Advanced Training

- Set up document and application preferences
- Understand color management and ICC profiles

- Master the key stages of a professional production workflow
- Effectively use and customize template files

Advanced Layout Techniques

- Create and manage complex master pages
- Structure long documents (sections, chapters, text frame threading)
- Assemble a book using InDesign CC
- Optimize vertical content alignment
- Organize elements using layers for better clarity

Advanced Text Features

- Manage multi-column text layouts
- Insert bullet points, numbering, and anchored objects
- Use tabulations and special spacing options
- Implement text variables and break characters

Advanced Style Management

- Streamline formatting with paragraph, character, and object styles
- Create list styles with automatic numbering
- Configure nested styles and GREP styles
- Import styles from Word documents
- Synchronize styles across documents in Book mode
- Automatically generate tables of contents and footnotes

Image Import and Management Mastery

- Use grid-based image importation techniques
- Create dynamic captions from metadata

Advanced Color and Table Management

- Manage transparency, overprint settings, and ink coverage
- Design layouts using tables
- Apply table and cell styles consistently

Document Structuring and Metadata

- Generate tables of contents and interactive indexes
- Use advanced indexing tools such as Indexmatic
- Create bookmarks and integrate interactive buttons

Preparing for Final Output

- Design a book spine and back cover
- Create and apply custom preflight profiles
- Perform comprehensive preflight checks
- Export to PDF for print or digital formats (interactive PDF, SWF)

- Print layout spreads according to industry standards

Suggested Complementary Training

[Course: InDesign with AI – From Text to Image](#)