



BE WISE BE WILD.

Manuela Salis | Language training and workshops

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Languages open doors. Skills take you further.

Language training and practical workshops for companies, training providers and adults.

I start with the situations you want to handle better: a conversation with a client, a decision to share, information to pass on or a task that could be simpler.

Language training

English and French, individually or in small groups, online or in person. Lessons built around your starting level, with practice, clear explanations and feedback.

Company workshops

Business self-assessment, leadership, communication, processes and wellbeing. Workshops to examine how work happens, try useful tools and choose practical actions. Each workshop can be booked independently.

Understand the need. Then shape the programme.

Listening, programme design, practice and progress reviews. We agree objectives, participants and delivery before starting, with a clear proposal.

Offers and online delivery

25% off workshops and language packages confirmed by 31 December 2026, with an agreed schedule that may include 2027.

Online workshops: 15% less. The online discount can be combined with the promotion; the discounts are applied successively. Travel charges are excluded from discounts.



01 / LANGUAGE TRAINING

Learn the language. Use it with confidence.

English and French for companies, training providers and adults. Individual lessons or small groups, online or in person.

Lessons at the centre

Conversation, comprehension, grammar, vocabulary and pronunciation. Emails, calls, meetings and presentations become opportunities to practise. French programmes can also focus on hospitality, kitchen work and restaurant service.

English packages for companies

40 hours over 6 months: €1,520. Five monthly instalments of €304.

100 hours over 12 months: €3,600. €900 deposit, then five instalments of €540 or ten of €270.

All hours may be used for lessons. On request, some hours can be used to prepare meetings and presentations, edit or draft professional emails and content, or create templates and glossaries. Activities and time required are agreed beforehand.

Tailored programmes outside the packages

English or French with a tailored number of hours, frequency and programme. For companies, adults, training providers and vocational schools: a dedicated proposal without committing to 40 or 100 hours.

How we organise the programme

We explore level and objectives, agree the schedule and participants and review progress during lessons. One hour of group teaching uses one package hour. Travel and terms are agreed in the proposal.



02 / COMPANY WORKSHOPS

Understand together. Act on priorities.

- Business self-assessment
- Leadership, communication and responsibility
- Effective communication
- Simpler processes
- Body, nervous system and wellbeing at work

Self-assessment, leadership, communication and processes:

6 hours of activities, €600 per company.

Body, nervous system and wellbeing at work:

4 hours of activities, special price of €300 per company.

Breaks are additional to these activity times.

Travel is included for venues within 80 km of Valchiusa. Beyond this distance: €2 per additional kilometre, based on the one-way road distance. The charge is communicated before confirmation.

Manuela Salis

I studied languages, multilingual communication and management in Switzerland, in Geneva and Fribourg. I worked for 15 years in international business environments, including project coordination and communication between management and teams. Today I teach English and French and facilitate company workshops.

I am also a yoga teacher, with twenty years of personal practice. I am currently taking training in somatic healing and nervous system regulation to deepen my understanding of body-based approaches. In wellbeing workshops, I bring attention to the body, breathing and working rhythms.

Let's start with a 15-minute conversation

Tell me about the participants, objectives and context. Together we can define a suitable programme and a clear proposal, with no obligation.

Book an introductory call · Send me an email