



COMPANY WORKSHOPS

Understand together. Act on priorities.

Five themes to choose according to your needs. Every workshop is available in person and online.

Business self-assessment is a possible starting point when you want to look at the company as a whole. Other workshops can explore what emerges or be booked directly.

Formats and prices

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.

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.

Organisation and travel

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.

Objectives, participants, venue or platform and materials are agreed before confirmation. Online exercises and discussions are adapted for remote participation. The schedule and terms are set out in the proposal.



01 / BUSINESS SELF-ASSESSMENT

Observe the whole. Choose the priorities.

For business owners, managers and key team members who want to build a shared picture of the company.

6 hours of activities · €600 per company

Programme

- 30 min: objectives and an initial picture.
- 60 min: figures, resources and hidden costs.
- 60 min: communication and information flow.
- 60 min: processes, roles and critical handovers.
- 60 min: leadership, workload and wellbeing.
- 90 min: synthesis, priorities and first actions.

How we work

We work with the available information and participants' experiences. A concise Be Wise Be Wild framework connects figures, processes and people.

What you take away

An initial shared map of issues and three actions to try, with priorities and responsibilities.

The picture is built by the group: the depth of the work depends on the information available.



02 / LEADERSHIP, COMMUNICATION AND RESPONSIBILITY

Lead through conversations.

For people leading teams and projects: communicate clearly and create conditions for people to take responsibility.

6 hours of activities · €600 per company

Programme

- 45 min: what leading means and the impact of how we communicate.
- 60 min: listening, questions and clear expectations.
- 60 min: decisions, information and responsibility.
- 75 min: delegation, autonomy and review points.
- 75 min: simulated conversations based on real cases.
- 45 min: a personal action plan for work.

How we work

We examine conversations, try questions and simulate delegation and decisions. L. David Marquet's work is one reference; the programme also draws on business experience and the group's situations.

What you take away

A guide for delegation and clear agreements, alongside a personal improvement plan.

The focus is on people who lead, decide and delegate: from clear expectations to responsibility for their actions.



03 / EFFECTIVE COMMUNICATION

Understand each other. Collaborate clearly.

For teams and people exchanging requests, information and feedback, including across departments.

6 hours of activities · €600 per company

Programme

- 45 min: facts, interpretations and sources of misunderstanding.
- 60 min: listening and checking understanding.
- 60 min: clear requests and explicit agreements.
- 75 min: feedback and difficult conversations.
- 75 min: exercises based on real situations.
- 45 min: communication agreements to try.

How we work

We rephrase messages, simulate exchanges and work on the group's examples. We examine what is said, what is understood and which information is missing.

What you take away

Practical templates for requests and feedback, and agreements to improve handovers.

The focus is on everyday exchanges between everyone, regardless of role.



04 / SIMPLER PROCESSES

Follow the work. Simplify the steps.

For teams and managers dealing with waiting, duplication, rework or unclear responsibilities.

6 hours of activities · €600 per company

Programme

- 30 min: choose a real activity and an objective.
- 75 min: map the activity from start to finish.
- 60 min: waiting, duplication and critical handovers.
- 60 min: roles, responsibilities and necessary information.
- 75 min: design achievable improvements.
- 60 min: plan how to test and review changes.

How we work

Together we map a real process, compare perspectives and choose changes appropriate to the resources available.

What you take away

A shared process map, actions with owners and criteria to check whether work improves.

Bring a specific activity to explore; the programme is adapted to the chosen scope and participants.



BE WISE BE WILD.

Manuela Salis | Language training and workshops

05 / BODY, NERVOUS SYSTEM AND WELLBEING AT WORK

Understand stress. Listen to the body.

For people and teams wanting to understand the body's response to stress and try practices during the working day.

4 hours of activities · €300 per company

Programme

- 40 min: the physiology of stress, the autonomic nervous system, activation and recovery.
- 35 min: recognise your body's signals.
- 60 min: try movement, breathing and body awareness.
- 45 min: integrate short practices into the working day.
- 60 min: build a personal routine and share reflections.

How we work

Simple body-based techniques, seated or standing. No fitness level, yoga experience or mat is required. Practices are adapted to people and the available space, including the everyday workplace.

What you take away

A short personal routine and everyday tools, alongside reflection on rhythms, breaks and workload.

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. Activities are educational and adaptable; participation in each practice is voluntary.

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