



La Petite Nénette

www.lapetitenenette.com

Services presentation



Boost **CREATIVITY** within your teams ?

Help your staff **FOCUS** on what matters most ?

Facing an organizational **CHANGE** ?

Bring back a sense of **PURPOSE** to work ?

More than 40% of
CREATIVE IDEAS come
from « pause » moments

*Studies from Universities of York
and Florida*



HUMAN

Your key asset for your business:

How to **ENGAGE** your resources ?

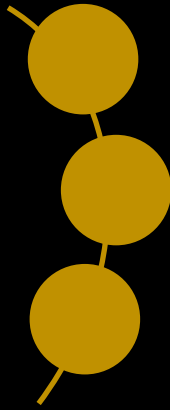
How to create a feeling of **WELL-BEING** in the workplace ?



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« Health & Well-being » concept

Offerings details



Accompany businesses & companies

(« Health & Well-being » programme creation and support)

Seminars & coaching

Energy and Resilience management

Self-awareness : Team building

About senses development and management



BUSINESS PACK

Audrey offers you tailored services of seminars, trainings, coaching and group activities (team building) around well-being (stress, energy and resilience management) but also around wine tasting and senses development (emotions) !

“ With the **new work organization**, declared **burn-outs** represent from **20 to 50%** personnel turnover, not to mention underlying burn-outs. ”

(according to 46% of leaders in Human Resources, 2017, survey by Kronos & Future Workplace)

"It's not the time you devote to your work or family that brings real value, but the energy you bring to the time you have."

The Human Performance Institute

Offerings details

Accompany businesses and companies :

Help develop a "Health and Well-being" programme by creating a training support and a complete "à la carte" programme for their employees. The standardization of mandatory programmes has shown a real decrease in employees' motivation and commitment (cf Daniel Goleman's Emotional Intelligence). Companies should rather offer "à la carte" programmes in their training plan according to the sensitivity, needs and expectations from the employee at a specific time in his/her career. Everyone experiences a different moment in the pressure and performance curve at work in combination with the private life.

« Train the trainer » :

Train a point of contact in the company to ensure the deployment and continuity of the Health & Well-being programme. This relay person will follow up such programme within the organization.

Business Seminars :

Workshops on energy and resilience concepts

An introduction to the pressure and performance curve

Practical exercises in teams around energy management on 4 dimension levels (physical, emotional, mental and spiritual), inspired from Transactional Analysis and Emotional Intelligence

Some exercises and business cases around team resilience

Learn and work on self-awareness

Mindfulness sessions

Team buildings around the 5 senses development for a better self-awareness :

Sensory Analysis (no alcohol) : olfactory animation and education workshop on the memory of the senses (food tasting and blind exercises on aromas) for a sharing moment and a group exchange (emotional dimension) and a reconnection with the elements of the nature.

Sensory Analysis around wine : initiation to senses development through wine tasting exercises (workshop on emotion, senses and creation of links and relationships with other group members) – named « sophro-enology ». The workshop also combines cultural learnings on wine history, terroirs and winemaking methods to stimulate mental dimension (concentration, learning curiosity).

An individual and tailor-made coaching with exercises on 4 dimensions :

Physical, Emotional, Mental and Spiritual

Way of working

Seminars, trainings, entertaining workshops and activities are « à la carte » : customizable and adaptable according to everyone's needs.



Assessment of the needs with the organizer

(group size, social situation, morale, emotional assessment)

Preparation

(format, content, selection of key themes, exercises and location)

Workshops

(event set-up, group activities, material supports)

Assessment and post-questionnaire follow-up

(Follow-up, advice and on demand coaching)



YOUR TRAINER

Audrey Delbarre, founder of La Petite Nénette is a multiple personality with various skills acquired through her experiences: author, former communication manager in the pharmaceutical industry but also responsible for international investment purchases (Strategy, project management, influence and negotiation), ambassador and trainer within the Health and Well-being programme (more than 450 employees trained), she is certified from the Wine Academy in Cape Town, and had a volunteering experience in a winery in South Africa as well as a 6 month humanitarian mission in Zambia (Africa)!

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Benefits

ENERGY

ENGAGEMENT

SENSE OF PURPOSE

ADAPTABILITY

“ The business world is evolving and must be able to adapt to new generations to come, by offering its employees the opportunity to live a unique experience and build loyalty on one side, by giving them a sense of purpose in their work, and contribute to the company reputation on the other. ”

See you on :

www.lapetitenenette.com

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