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ABOUT MY FACILITATION METHOD

1. An approach based on presence and connection

My approach is warm, relational and deeply human. I create safe, welcoming environments where people feel seen, respected and free to participate. I believe learning happens through connection and I encourage groups to learn with and from each other.

2. Curiosity as a driver for exploration

I bring curiosity, openness and a sense of discovery to every session. I invite participants to explore their experiences, patterns and strengths through reflection, dialogue and practical exercises. My goal is to help each person gain clarity, insight and confidence.

3. Interactive and experiential learning

I work with group dynamics, movement, conversation and shared challenges. I design experiences that are engaging, playful and meaningful, allowing participants to integrate concepts through action rather than theory alone.

4. Psychological frameworks made simple and practical

I use tools such as the Big Five (OCEAN) and the Enneagram to support self-awareness and team understanding. These models are presented in a simple, accessible way, always connected to real situations: communication, collaboration, decision-making and emotional intelligence.

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5. A balance of structure and spontaneity

I respect minimal structure to ensure safety and clarity, while leaving space for spontaneity, creativity and the natural flow of the group. This balance allows participants to feel both guided and free.

6. Learning as a shared experience

In (some) workshops I tell participants: “I don’t have more experience than you have”, “I can learn from you or we can learn from each other”

This mindset creates equality, trust and openness. I learn from every group I facilitate, and participants frequently share that they learn as much from each other as from the content itself.

7. Outcomes I aim to create

Greater self-awareness

Stronger team connection

Improved communication

Emotional clarity

Practical insights for daily work

A sense of belonging and shared purpose

PRODUCTS & SERVICES

