

AURÉLIE CYBULSKI

professional coaching

ME.SCAN® CERTIFIED
MBSR - BROWN UNIVERSITY CERTIFIED

ME.SCAN® - WE.SCAN® | TALENT COACHING | MINDFULNESS





“Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid.”

A. Einstein

me.scan[®], the most empowering scan

- 90% OF OUR DAILY DECISIONS ARE UNCONSCIOUS
- 55% OF PEOPLE TALENTS ARE UNUSED
- BRING TO AWARENESS YOUR TRUE NATURAL TALENTS
ACTIVATE THEM & GAIN ENERGY
- LET GO OF THE COMPETENCES THAT DRAIN YOUR ENERGY DOWN

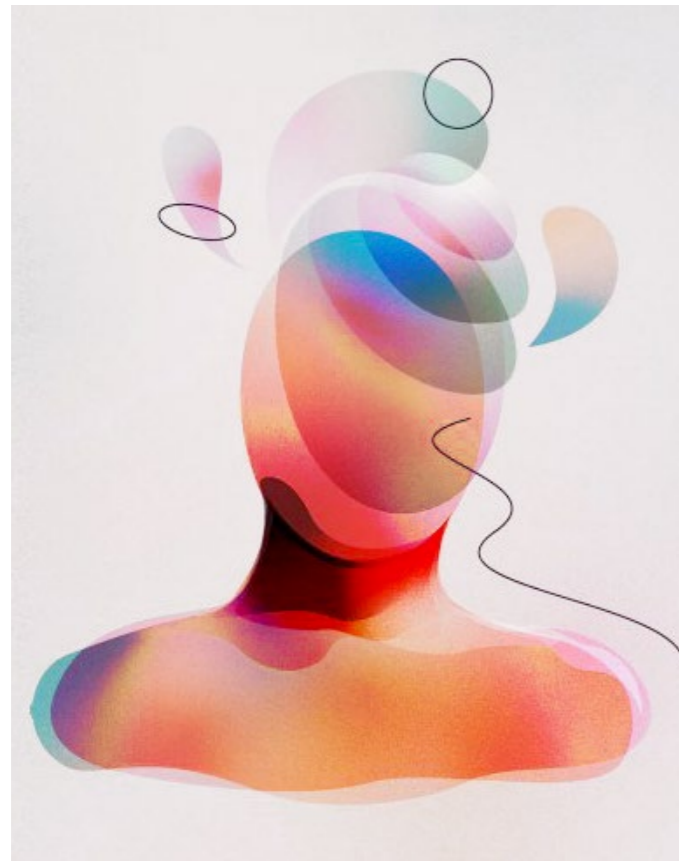


Go where you can flow,
thrive & flourish

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Use your potential & get more energy

WHAT ARE YOUR TRUE TALENTS ?
HOW MUCH OF THEM IS BEING USED ?



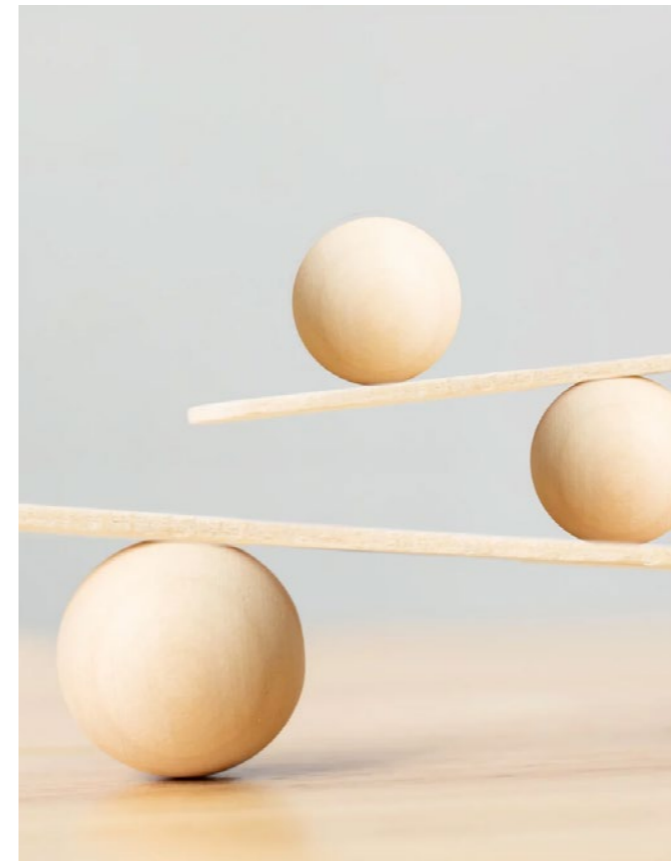
INSIGHT INTO TALENTS AND HIDDEN
POTENTIAL

WHAT IS YOUR UNTAPPED
POTENTIAL ?



INSIGHT INTO PITFALLS
& ENERGY BALANCE

HOW IS YOUR ENERGY BALANCE &
WHAT ARE YOUR DRIVERS ?



BALANCE NATURAL TALENTS
& LEARNED BEHAVIOR



Starting point
for competence
& talent
development

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me.Scan[®] offer & Talent developpement plan

HOW DOES THE ME.SCAN[®] WORK?

- QUICK MEASUREMENT IN 10-15 MINUTES
- EXTENSIVE INDIVIDUAL REPORTING OF 2 HOURS
- OPTIONAL FOLLOW-UP PROGRAM WITH COACH

WHAT IS THE RETURN ON INVESTMENT OF THE ME.SCAN[®]?

- USE YOUR FULL POTENTIAL & GET MORE ENERGY
- INSIGHT INTO TALENTS & HIDDEN POTENTIAL
- STARTING POINT FOR COMPETENCE & TALENT DEVELOPMENT
- BALANCE NATURAL TALENTS & LEARNED BEHAVIOR
- INSIGHT INTO PITFALLS & ENERGY BALANCE

me.scan[®] +
1 expert coach session

435 € / pers. VAT included

ONLINE MEASUREMENT & EXTENSIVE REPORTING
2 DEBRIEFING SESSIONS
WITH MINDFULNESS EXPERT COACH

Change for life

Brain reprogramming program based
on mindfulness expertise

12 expert coach sessions
to developp one talent sustainably for life
in 6 months

1995 € / pers. VAT included

ONLINE MEASUREMENT & EXTENSIVE REPORTING
2 DEBRIEFING SESSIONS +
10 TALENT PRACTICE COACHING SESSIONS
WITH MINDFULNESS EXPERT COACH



we.scan[®], for organisations and teams

- USE THE FULL POTENTIAL OF TEAM PLAYERS
- INSIGHT INTO TEAM PROFILES, TEAM TALENTS AND DYNAMICS
- INSIGHT INTO TEAM BALANCE AND PITFALLS
- MATCH ON JOB PROFILES & ROLES
- STARTING POINT FOR TEAM DEVELOPMENT PLAN

“Talent wins games,
but teamwork and intelligence
wins championships.”

Michael Jordan



Be aware of your team's
talents & dynamics to grow together

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Activate new team's dynamics, strengthen organisation & culture with we.scan[®]

WHAT IS YOUR TEAM DYNAMICS?
TALENTS & PITFALLS ? HOW DO YOU
COMPLEMENT EACH OTHER ?
WHICH TALENT IS MISSING ?



TEAM DEVELOPMENT
& TEAM DYNAMICS MOUNTAIN
LEADERSHIP & LEADERSHIP SESSIONS

HOW CAN YOU COMMUNICATE AND
COLLABORATE BETTER ?



TALENT AND PERFORMANCE
MANAGEMENT

IS YOUR TEAM ORGANISATION
OPTIMAL ? HOW CAN YOU
STRENGTHEN YOUR ORGANISATION
CULTURE ?



JOB PROFILE & ROLES
360° FEEDBACK TOOLING ANALYSIS
CULTURE & TALENT



Starting point
for team
development
plan

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we.Scan[®] for teams & organisations

HOW DOES THE WE.SCAN[®] WORK?

- ALL PARTICIPANTS COMPLETE THE ME.SCAN[®] INDIVIDUALLY
- EXTENSIVE INDIVIDUAL AND TEAM REPORTING
- CHOICE OF PERSONAL OR GROUP FEEDBACK
- INTERACTIVE WORKSHOP TEAM DYNAMICS

Max. 10 Pers. / Session

Prices on demand

WHAT IS THE RETURN OF INVESTMENT OF THE WE.SCAN[®]?

- USE THE FULL POTENTIAL OF EMPLOYEES
- INSIGHT INTO TEAM PROFILES, TEAM TALENTS AND DYNAMICS
- INSIGHT INTO TEAM BALANCE AND PITFALLS
- MATCH ON JOB PROFILES & ROLES
- STARTING POINT FOR TEAM DEVELOPMENT PLAN

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Mindfulness

is an innate capacity to be fully present to ourselves, others and our life as it unfolds moment to moment.

Science shows that a regular mindfulness practice measurably alters the brain's structure and function. The grey matter in the brain's amygdala – a region known for its role in stress – become smaller.

Mindfulness Based Stress Reduction in the workplace

“Mindfulness
means being awake.
It means knowing
what you are doing.”

Jon Kabat Zin

- THE BRAIN RETAINS 3 TO 5 TIMES MORE THE POSITIVE THAN THE NEGATIVE
- IT TAKES 66 DAYS FOR A NEW BEHAVIOR TO BECOME AN HABIT
- THE KEY TO CHANGE HABITS IS THE THE ATTENTION TO THE PRESENT MOMENT TO ACCEPT AND OBSERVE YOUR TALENTS AND YOUR PITFALLS WITHOUT JUDGING AND MOVE ON WITH NEW HABITS
- MINDFULNESS COACH SESSIONS RELEASE UNCONSCIOUS BLOCKAGES
- DAILY MINDFULNESS PRACTICE NEUROLOGICALLY REWIRES THE STRUCTURE OF YOUR BRAIN



Be mindful and act daily
for sustainable changes

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MBSR[®]

8 weeks program

HOW DOES THE 8 MBSR WEEKS WORK ?

WITHIN A GROUP : 2.30 HOURS EVERY WEEK

- THE SILENT NIGHT
- DAILY PRACTICES, EXPERIENCES AND ACTIONS

INDIVIDUALLY : 1 HOUR EVERY WEEK

- THE SILENT NIGHT
- DAILY PRACTICES, EXPERIENCES AND ACTIONS
- TAYLORED PRACTICES

WHAT IS THE RETURN OF INVESTMENT OF MINDFULNESS AT WORK ?

- REDUCE STRESS
- IMPROVE FOCUS AND CONCENTRATION
- INCREASE RESILIENCE
- AID CREATIVITY
- INCREASE YOUR EMOTIONAL INTELLIGENCE

Group max 10 pers.
MBSR[®] 8 weeks

595 € / pers. VAT included

SILENT NIGHT
RECORDED PRACTICES
EXERCICES

Private & customized
MBSR[®] 8 weeks

995 € / pers. VAT included

SILENT NIGHT
RECORDED PRACTICES
EXERCICES



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