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To : CULTURE VITALE

APPLICATION AS FACILITATOR FOR «SESSIONS OF VITALITY»

Geneva,
September 3rd 2025

Dear Sir, Madam :

I am honored to apply as an independent facilitator at Culture Vitale for the «Sessions of Vitality » you offer for companies. In these times of burn-out and minimal attention span, these seem to be very appropriated forms of reconnection to what makes life beautiful : creativity, well-being, movement and human bonding. Nowadays, there is an urge for these resourcing «bubbles», especially in our work environments. Allow me to tell you how I trust I can be a great element to add to your pool.

I am French, currently based in Geneva, Switz. I have a legal independant status in this country, which allows me to work wherever throughout Europe. I am an experienced and dynamic 45 years old woman, who lived in seven different countries. I started my professional life as a social anthropologist, because I have a passion for people, their experience and dynamics. But I was lacking a connexion with the rest of me, my body and emotions, on that intellectual path.

So I started to explore that dimension and I fell in love with Aikido when I started practicing it more than a decade ago. This then led me to a long journey through somatic movement, martial arts, meditation and dance. After living in a dojo for two years, practicing Aikido, meditation, and yoga every day of the year, I felt a calling to support healing and creativity in others. I led Conscious Conflict Resolution workshops with my Aikido *sensei* for years, supporting caregivers and other professionnals exposed to violence in their work. I then «translated» those CCR workshops, creating a new format for the groups who enrolled in the fasting retreats I worked in as a Pilates and somatic movement instructor. Besides, I had always been attracted to Psychology, especially to the modified states of consciousness as paths for healing. So it was natural for me to study Hypnosis. I started my own practice two years ago as an hypnotherapist, using all the tools my beautiful box contains, and the journey has really been satisfying. I am as comfortable working one-on-one as I am with groups of people. I love diversity and change so teaching different people everytime, in different places is no challenge to me.

I have a large area of expertise, as the keywords in my work are integration, wholeness and reconciliation. I can facilitate workshops around meditation and auto-hypnosis, wonderful ressources to empower people and support their well being. I realized few people know the difference between both, have practiced both and know what they can be used for in everyday life. Based on my experience, I can tell these are life-changing tools.

I am now working on a project combining hypnosis and movement, which could be very interesting for these Sessions of Vitality. Experiencing a deeply relaxed state of mind enables the body to move in new fashions, with much more freedom, pleasure and authenticity. This is a creative aspect of my work and I'd be very happy to share it with your clients.

These would be very easy workshops to set up as I have been working with those tools for a long time and I am passionate about movement and relaxation (meditation and auto-hypnosis) . I can well adapt to different lenghts and locations as I understand the time and space devoted to each workshop in a session changes from a company to the other.

I can however offer more traditional workshops (Pilates classes, conscious conflict resolution workshops or cultural studies topics) if it suits the demand better. Adapting and creating new ways of sharing my passions is part of the challenge. Therefore I am always open to discussion. I am comfortable teaching in French, Spanish and English aswell. Finally, the work setting you offer is ideal for my way of life, and I acknowledge it is rare. I trust that we can achieve great things together.

I thank you in advance for your attention,I am available anytime for more information or a meeting in person.I 'll be waiting for your feedback.

In the meantime I remain,

Yours sincerely,

A handwritten signature in blue ink, appearing to be 'George', followed by a period.