



# FUTURE SKILLS WORKSHOPS



VILLARS  
**PALACE ACADEMY**  
SWISS HOSPITALITY & LEADERSHIP SCHOOL

VET by  EHL

# **FUTURE SKILLS - SEMESTER 1 - WORKSHOPS CONTENT & INSTRUCTORS**



## **INTEGRATED APPROACH TO RESILIENCE**

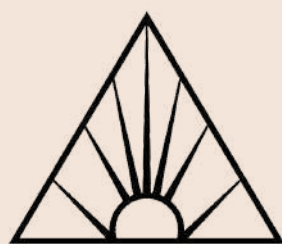
### **Summary of the workshop**

The Integrated approach to resilience program focuses on developing physical, mental, and social resilience.

The program comprises a 16-hr in-person course, online resources, and post-course continuous learning.

It covers the essential physiological benefits of sleep, exercise, and nutrition for effective energy management. It also builds on neuroscience and behavioural research evidence that demonstrates how emotional intelligence amplifies the skills and capacities to improve resilience and wellbeing.

Participants leave the program with practical tools and skills to meet the challenges of today's working environments.



TRUENATURE



# INSTRUCTOR: ROBBIE FENLON

Robbie is a performance coach, a workshop facilitator, a mindfulness teacher, and professional mountain guide.

Prior to founding True Nature.ch, Robbie worked for 25 years as a professional mountain and ski guide and climbing instructor.

He co-founded Wilderplaces Europe (Chamonix) and Wilderplaces Nepal, two mountain guiding and trekking companies. Running a trekking and guiding business and being part of several Himalayan 8000 m peaks expeditions has taught Robbie about the value of collaboration, self-awareness, and self-development. But most of all the value of working with other great people in an atmosphere of mutual support. Robbie runs True Nature.ch, an integral coaching and emotional intelligence training business.

He is certified as an integral coach (ICF/PCC Certified), as an emotional intelligence coach and workshop facilitator with SIY Global, and as an IFMGA professional mountain guide. Robbie is a founding member Mindfulness Association Switzerland and a Mindfulness-Based and Compassion-Based Living Courses certified teacher.



# INSTRUCTOR: GENEVIÈVE MAJOR

Geneviève holds a PhD in Human Nutrition and Human Kinetics from the Department of Social and Preventive medicine, Université Laval, Québec. She is a certified emotional intelligence teacher, an integral coach, and a certified project manager.

A 13-years career in a multinational allowed her to test how, even in a challenging and stressful terrain, her expertise on the role of physical activity, nutrition, and emotional intelligence training could make a positive difference to help achieve a state of body and mind balance at the core of a fulfilling life.

She now teaches and conducts research to study the impact of mindfulness-based emotional intelligence programs in organisations.

Geneviève has been practicing mindfulness meditation for the past 15 years. She is a SIY Global and a Mindfulness-Based Living Course Certified Teacher. She also teaches the science-based mindful eating programs MB-EAT (Mindfulness Based Eating Awareness Training) and ME-CL (Mindfulness Eating Conscious Living). Geneviève is a founding member of Mindfulness Association Switzerland.





# NATURE & ECOLOGY AWARENESS

## Summary of the workshop

Worldwide, 1/3 of the food produced is thrown away every day. Through two workshops on site and a full day outing in the nearby forest, students look at their daily habits, discover their environment and the nature's richness. The main purpose of this course is to question their relationship with food, waste and nature as citizens and as future professionals in hospitality, and to realize the impact they can have on the environment by becoming responsible consumers and future leaders of the industry





# INSTRUCTOR: MARIE JOURNOT

After obtaining a master's degree in Management, Marie worked for ten years as a buyer in different industrial and service companies. Everything she learnt helped her understand how the current economic system works and she became more and more aware of the role we can play as consumers.

She then decided to create and run workshops on responsible consumption and completed her training with a CAS in Environmental Education through Nature at the Silviva Foundation, which has enabled her to acquire numerous pedagogical tools to accompany various groups to experience nature with their heads, hands, and hearts.

Her workshops are designed to help citizens adopt sustainable consumption habits. She also offers outings that allow each participant to reconnect with the environment around them, by living a unique and often emotionally striking experience outside. The themes she addresses are multiple and depend on the audience's requests: introduction to a sustainable way of life, relaxation, discovery of the forest, plants, mammals, etc.





# **INTRODUCTION TO THE 2030 SUSTAINABLE DEVELOPMENT GOALS: THE 2030 SDGs GAME**

## **Summary of the workshop**

The thought-provoking '2030 SDGs Game' workshop brings sustainability to life. Through simulating what the world could look like in 2030, the game highlights the importance of balancing the three pillars of People, Planet and Prosperity. Students / Players receive money, time and projects; and decide how to invest their resources and which projects to run. What will be the impact on the world of the projects that are played? Will the players create a prosperous, fair and sustainable world? Each game turns out differently and is followed by a facilitated reflection and presentation to connect the experience to the real world.



# INSTRUCTOR: ALICE RICHARD

Alice is passionate about using the power of play to connect people with meaningful content and inspire ideas and action. As a sustainability advocate, learning experience designer and engaging trainer, her 'why' is to educate, inspire and empower people to advance sustainability.

Her career has bridged private and non-profit sectors and has been built around products, projects and collaborations that drive positive change. Developing and delivering impactful solutions has been a red thread running through her 20+ years experience. A graduate of Glasgow and Cambridge Universities, she started her professional journey as an innovation consultant in the UK, before moving to Switzerland where she became a United Nations staff member developing products to advocate for the work of UNICEF and managing licensing and corporate partnerships.

Today, with her sustainability training company Co-CREATE ImpACT, Alice has transitioned from designing products and leading partnerships to designing experiences and leading inspiring training. Alice provides services to a wide range of educational institutions, non-profit organizations, and corporations. Recent clients include International School of Geneva, University of Liverpool, United Nations Institute for Training and Research, Oracle and the European Commission.



At her core Alice is an enabler who loves innovative approaches and is skilled at connecting the dots and making things happen. She calls herself a Sustainability Catalyst because catalysts speed up reactions and time is of the essence when it comes to sustainable development.





# FROM SUSTAINABILITY TO REGENERATION: THROUGH THE LENS OF TOURISM AND HOSPITALITY

## Summary of the workshop

In an increasingly complex world, we need future leaders that can embrace new mind-sets and respond with a systemic approach to the challenges of our society.

This course transcends the limits of sustainability and embraces the more disruptive principles of regeneration, integrating both inner and outer worlds. With a constant focus on hospitality and tourism cases, we explore innovative perspectives and holistic solutions to these industries' systemic challenges.



# REGEN

REGENERATIVE HOSPITALITY

# INSTRUCTOR: MARTIN HOHN

Martin holds a BSc degree from EHL Hospitality Business School and has been active in the international luxury hospitality, tourism and gastronomy industry for over 20 years. Having worked in six countries on three continents and being involved in five opening projects, he now works as an independent consultant for six years.

He is focusing on placemaking projects and concepts that catalyse social innovation in the industry. Recent projects include hybrid hotel, retreat and village developments that prototype a disruptive combination of transformative experiences and regeneration.

Passionate to bring true change to the hospitality world, he has been supporting numerous businesses in their process of transformation over the years.



# INSTRUCTOR: MARINA LAURENT

Earth lover, mindfulness & yoga practitioner, lifelong learner, Marina is working at the intersection of Transformation & Regeneration in Travel and Tourism to unleash the inherent potential in People and Places to create positive systemic change in their local ecosystems.

She advises hospitality businesses and destinations on strategic decisions or operational challenges to rethink their business model, support their recovery and adopt living-system thinking to advance regeneration in the industry.

She collaborates with tourism-related organizations to craft and facilitate educational programs for tourism professionals on Regenerative Tourism at the intersection of climate science, design thinking, and contemplative practices.

As a consultant and facilitator member of the EHL Advisory Services network, she facilitates hospitality training programs for organizations and training centers globally. She is currently co-developing, managing, and facilitating the Transformational Travel Council's, a program designed to support destinations looking at improving long-term resident, traveler, and ecological well-being through a strategic, step-wise approach to transform their visitor economies and improve long-term resident, traveler, and environmental well-being.



She is also a frequent contributor to HospitalityNet's, a "Sustainability in Hospitality" World panel of experts and other specialized blogs.



**REGEN**  
REGENERATIVE HOSPITALITY





# **ELEMENTARY FRENCH LANGUAGE & CULTURE / INTRODUCTION TO FRENCH FOR HOSPITALITY**

## **Summary of the workshop**

This course prepares students to communicate in a French speaking environment in a hospitality work environment, using appropriate language to express themselves in simple to more complex sentences (orally and in writing) in everyday personal and professional situations.

During the first part of the course, students learn or consolidate their knowledge to communicate orally and in writing in French at the A1 / A2 level of the CEFR (Common European Framework of Reference for Languages).

The second part of the course will then build on the basic linguistic competences, both oral and written, already acquired by the student and focus on French for Hospitality in the view to start preparing students for the Diploma in French for Tourism, Hospitality and Catering, Level A2, covering a field of language common to the different activities and professions in these three sectors.



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# INSTRUCTOR: VÉRONIQUE BERTRAND

Graduated with a master's degree in Science of Languages - Teaching French as a Foreign Language and a master's degree in Training & Pedagogical Engineering, Véronique began her career as teacher of French at the Alliance Française in London.

She then held various teaching and management positions, in Europe, Asia and the Middle East, that brought her to participate in or set up various educational projects including the launching of a multimedia project, with the development of an online test and distance learning platform, responsibility of training courses for teachers, and the creation of training centres for adults, before taking the role of founding director of a college prep school in the canton de Vaud from 2010 to 2014.

After returning to France for a couple of years, where she held the position of academic director of a large language training center in the Loire valley region, her husband and her made the decision to return to Switzerland to allow her to seize the opportunity to join the renowned Beau Soleil international school in Villars-sur-Ollon, as Head of the French section in 2017.



She started to collaborate with the owners of the Villars Alpine Resort from September 2021, as Academic Director, to develop the Villars Palace Academy's training programme and manage the team of internal and external instructors. Her goal is to contribute with all her experience, passion for lifelong training and energy to supporting students from all walks of life, on a daily basis, in their efforts to reach their full potential and become the Hospitality leaders of tomorrow.



# MOUNTAIN HIKING EXPEDITION

## Summary of the workshop

Students spend 6 days in the nearby surrounding Alps area and are given the opportunity to hike in the mountain, discover survivalist technics in the woods, discover traditional mountain lodging, surpass themselves as individuals and as a team, and collaborate to create their lunch and dinners with local food and ingredients collected during their hikes





# INSTRUCTOR: ROCIO SIEMENS

Rocio has created Ibex Mountain Guides together with her husband Owen Samuel, following years of guiding and instructing, skiing, and climbing experience around the world.

She specialises in delivering mountaineering and ski experiences in the European Alps and British mountains. She also occasionally runs trips to far-flung places around the world. She is fully qualified IFMGA Mountain Guides, the highest professional standard in mountaineering competence worldwide.

She believes that in mountaineering, there's always the next summit, the best line, the latest project. She loves sharing these challenges, finding them all over the world, from Norway to Chile, via Kenya & Alaska.

Her favourite ski mountaineering experience to date is the incredible Bugaboos to Rogers' Pass Grand ski traverse in the Columbian mountains in Canada. A very memorable 12-day epic ski traverse over some of the most magical landscape on Earth.

Keeping active as a mountaineer is key to keeping safe, so she finds she is constantly pushing her grades and searching for new adventures. One of her favourite playgrounds is Scotland in winter, where she has ticked off several classic lines on the Ben, including Point 5 gully. She has also climbed eleven classic Grandes Courses in the Alps, including the North Face of the Matterhorn.

