

In a world where speed and pressure rule, leaders are burning out.

RESET

THE LEADERSHIP HEALTH EXPERIENCE

What you'll gain ?

- A deeper understanding of yourself as a leader
- Practical ways to selfcare and enhance your mental clarity
- Resources to embrace change and uncertainty

Day 4 Rooting & Sustaining

Day 3
Integrate and lead with humanity
Lead in a hyperconnected world
Redefine balance & boundaries

Day 1 - 2

Understand your brain and stress roots
Connect to others and yourself
Slow down to lead better
Recognize & reframe your thoughts

What makes RESET different ?

- No tools to apply — just embodied tools
- No theories — only grounded, practical insights
- No pressure — just a space to reconnect and breathe
- A shared human experience — not another performance checklist

Who is it for ?

- Mid-to senior leaders feeling exhausted and/or stressed OR looking to proactively self-care and lead with presence

Facilitators

 Céline Beaurain-Casemi



 Maéva Bernasconi



Céline is a multilingual Certified Professional freelance Coach and Organizational Mindfulness Facilitator with a passion for empowering leaders to grow their self-awareness to become authentic, healthy and fulfilled leaders.

She brings 20+ years of international experience supporting both young and senior leaders, working in different functions & sectors, from startups to multinationals, in their leadership and career journey.

This experience includes a collaboration with top-ranked schools like IMD and AISTS.

Celine brings an holistic approach, with a warm, caring, motivating and thought-provoking style

Maéva is a multilingual psychologist, coach and entrepreneur with a clear, grounded and incisive approach to emotional health, leadership and transformation.

After launching her own coaching practice — where she combines psychological insight with horse-assisted work — she also helped build a corporate start-up from the ground up, now a growing company where she leads a team and contributes to strategic and human development.

She is known for her sharp thinking, fast intuitive analysis, and her ability to get to what really matters — creating spaces where deep, focused transformation becomes possible.



CHF 3'500.- All inclusive:
(Hotel, F&B)



Language : English
8 - 12 participants

