



# Catalog Conferences

2025

# WHAT DO WE OFFER?



KBO offers conferences led by Karine Baillet, who draws on her experience as a top-level athlete to talk about the management of a sports team in relation to that of the company.



We also offer a range of discovery sports activities to help you put the themes of your seminar into practice.



KBO also offers turnkey organization of seminars and conventions. We can offer you different types of venues and products adapted to your needs, in Le Touquet or at your destination anywhere in France.

Workshops, training – we're an accredited training organization.



Finally, as a specialist in sports events (Trail des 2 baies, Touquet raid Pas de Calais, Touquet raid amazones...), we can help you with all your projects.





# Karine Baillet

## Background and experience

### World reference in multi-sport raids:

World vice-champion in multisport raids in 2006 and 2007

Victory in the legendary Raid Gauloises in 2002

Vice-president of the Groupement National des raids multisports

Author of a book on multisport nature raids

### A woman of challenges:

1st woman to cross the English Channel on wakeboard, funboard, kayak and catamaran

1st woman and only French rider to take part in the 2009 Quaduro et Enduropal du Touquet, an international motorsports race

3rd Marathon des Sables and 30th out of 1000 in 2012

### Unrivalled event expertise:

Over 15 years' experience in event organization: Le Touquet Raid Pas de Calais, France's biggest raid; Touquet Bike&Run, Touquet raid amazones and Trail des 2 baies

Lecturer on team dynamics, individual and collective performance

### Recognized and appreciated public figure:

Guest on various TV and radio programs: sports, debates, Culture... Sponsor of several races, competitions...





# Conference

**Possibility of adapting and modulating according to theme. Systematic personalization.**

Some examples and topics of conference themes:

"Individual energy and performance": The corporate athlete

"Employee commitment for collective success".

"Collective energy and performance": Team cohesion, the ingredients of the dream team.

"Change": The success of change

"Testimony of a woman, Nature raid athlete, entrepreneur, leader!

" Falling down and getting back up " How to bounce back after failure? After a difficulty?

"How to transform stress and emotional management into positive energy for mobilization".

"Innovation at the heart of challenges, a similar mechanism".

"Olympic values at the service of business".

"Time and priority management: how can sports methods inspire and help?

"How can Nature events attract tourists?

"No individual is perfect, but a team can be".

"Evolving in uncertain times: how can we look to the future?"





# Organizing trade shows and conferences

Thanks to her experience, Karine organizes trade fairs and conferences on a variety of subjects related to business, sport, women and local dynamics.

## Upstream:

- Preparation with contact with each speaker
- Achieving real teamwork, even if the entities are sometimes different, with benevolence and complementarity.

## On site:

- Liaise with the various participants
- Stimulate time between speeches and over time
- Adapt to the organization
- Highlight speakers



## HEALTH INSURANCE CONFERENCE CRECY LA CHAPPELLE

The feedback on your speech has been very positive and, above all, admiring of your achievements.

The coherence of the levers associated with the notion of team in sport, projected onto the corporate environment, are very telling.

Illustrating them with photos of the various raids helps to visualize things and keep them in mind.

Thank you again, your contact details have been forwarded to those who requested them.



# Ice Breaker

Get to know each other better, break the ice

Ever heard of icebreakers? Those few minutes of informal exchange designed to “break the ice” at the start of a meeting, workshop or conference to energize the group.

From physical Warm'ups to participative workshops, you'll come away with a better understanding of each other!

We offer a variety of formulas that we adapt to our audience, including superpower cross-presentation, common ground, who did what, smurfs, desert island, blanket game, helium stick, Marshmallow challenge...





# Conference

## “Individual energy and performance The corporate athlete”

After presenting her career in top-level sport, raids and adventures, Karine Baillet makes the link with business in an interactive way.

What is it that gives us energy and makes it last over time? What costs us energy, what gives us energy?

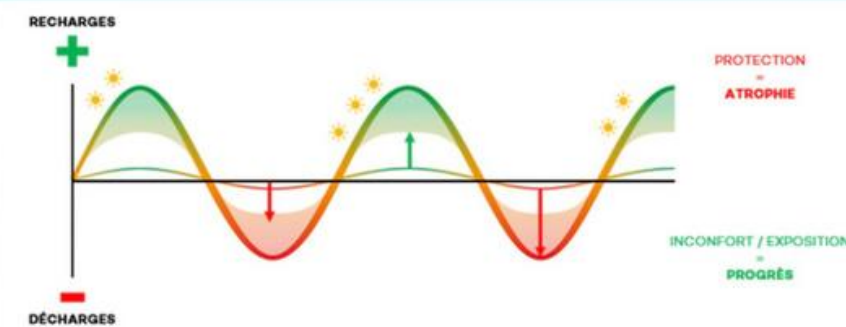
We have an energy capital based on 4 batteries, which Karine will introduce.

How can we compensate for energy discharges?

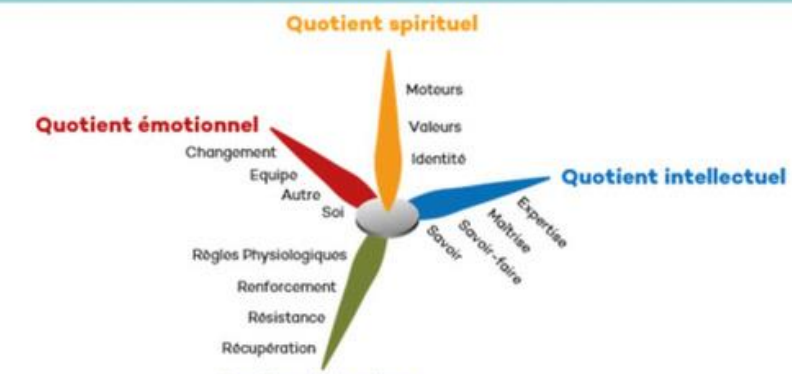
Karine will explain the basics: sleep, diet, stress management, with anecdotes and examples.



### L'OSCILLATION VITALE DÉCHARGE / RECHARGE



### ÉQUILIBRER NOS 4 BATTERIES



GRDF CAMBRAI CONFERENCE Domaine La Marlière

We debriefed with the managers last night and the feedback was positive, both on the 3 strategic axes and on the theme of the hike. Thank you for your speech, which we really enjoyed and which was in harmony with the speeches made during the day.

The afternoon workshops were concise and clear, giving a good understanding of the 3 axes. In short, a well-launched Roadmap vintage.



# Conference

“Employee commitment for collective success”.

After presenting her career in top-level sport, raids and adventures, Karine Baillet makes the link with the company in an interactive way.

What makes employees get involved?

How do you motivate employees to surpass themselves, to serve the team and to perform?

I'll be talking about :

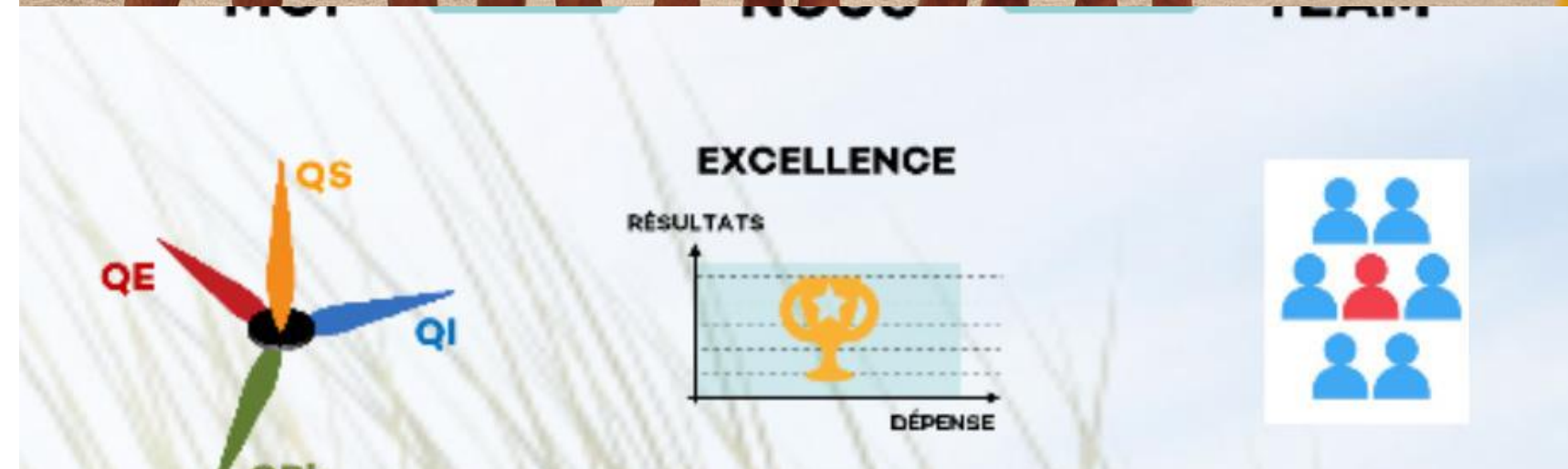
Individual energy and self-improvement

What does it mean to be a committed employee?

Team cohesion: the key to individual commitment

The scale of performance with effectiveness, efficiency and excellence: what is performance?

Excellence? How can we achieve it individually and collectively?



CONFERENCE COLMAR ALSA SENIOR.

We've had great feedback from your presentation, including from sponsors whose primary objective wasn't to attend the conference! Everyone was delighted! The feedback from the participants I spoke to focused on your sporting career, which undoubtedly impressed them, and they were also very interested in the way you made the link between your sporting experience and the lessons you had learned from it in terms of team management. This resonated with many of them.



# Conference

## "Team cohesion"

After presenting my background in high-level sport, raids and adventures, I'll make an interactive link with your company and the goal of your teambuilding day (to get to know each other better so we can work together more effectively).

"Human energy - from individual to collective performance".

I'll be talking about

Individual energy: the importance of being a high-performance individual, addressing the different batteries needed by each individual to serve the team.

The ladder of performance with effectiveness, efficiency and excellence: what is performance?

What is excellence? How can we get there, individually and collectively?

The notion of team and dream team, the essential ingredients, with emphasis on individual knowledge, strengths, weaknesses, talents and skills.





# Conference

## "Change" Successful change

After presenting her career in top-level sport, the raids and her adventures, Karine Baillet makes the link with business in an interactive way.

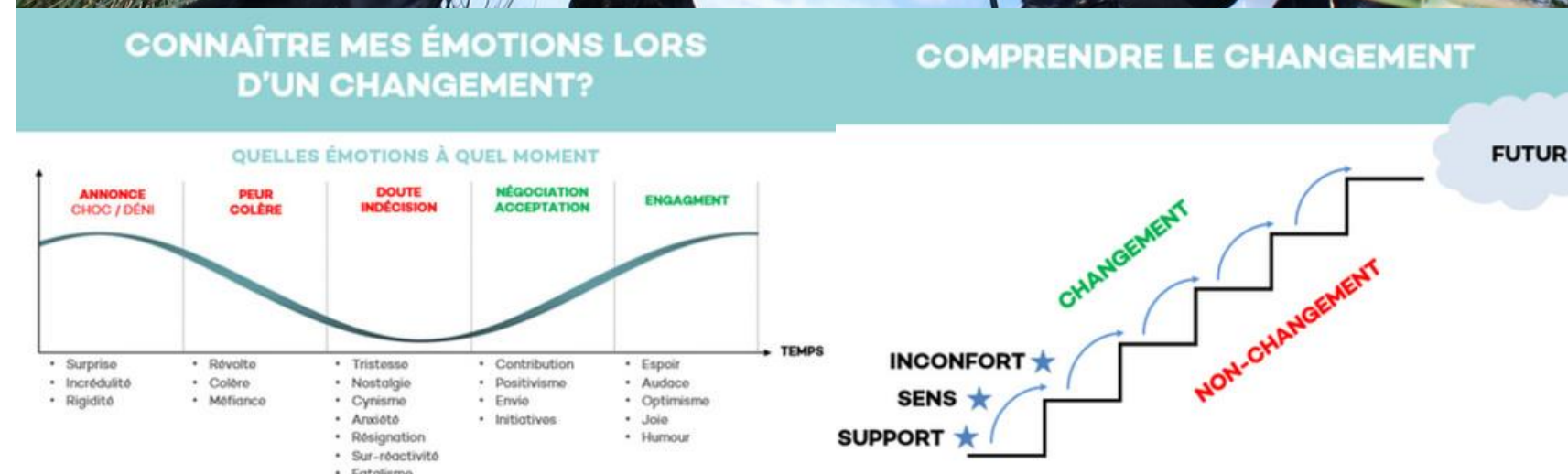
Ultimately, whether you're a top-level athlete or an employee, change is permanent, but it has to be understood!

What is change?

How can it best be experienced?

What are the keys to successful change?

Karine will explain the fundamentals of successful change.



ACTORAN CANADA VISIO CONFERENCE on resilience.

I've taken feedback from the teams on your presentation Karine, and thank you again for inspiring them!

The points you made and the similarities with what we experienced this year were very pertinent. We then discussed resilience and came up with some areas for improvement to take us forward to the end of the year!





# Testimonial

“Testimony of a woman, athlete in the Nature raid, entrepreneur, leader!”

## THE LESSONS I WANT TO SHARE

A real moment of sharing...Join Karine Baillet for a dream moment! After the Gauloises raid in Vietnam, her vice-world champion titles in Quebec and Scotland, her crossings of the English Channel, she now sets up her own business and events...

She'll explain it all to you, stimulate you in your projects and dreams, and give you the essential keys to success!

Her key messages: Entrepreneurship is not just about setting up a company! It's about starting a project from scratch.

It's about commitment and daring. She shares with her audience the fact that she has undertaken several ventures in her life....Entrepreneurship is within everyone's reach. For women, it offers freedom, which doesn't mean less work, but a different kind of time management! She reveals her role as a leader and captain.



BPCE CONFERENCE on time and priority management.

Thank you very much for your intervention, which was much appreciated by the team. It generated a lot of discussion last night and today. The team was already extremely impressed by your career path and your performance, which commands admiration. Everyone was able to take stock of their professional/personal/emotional load.

I think you've unlocked a few subjects. It's up to them and us to do the rest 😊



# Conference

## “Leadership” and/or leadership for women

After presenting my background in high-level sport, raids and my adventures, I'll make an interactive link with your company and the goal of your teambuilding day (getting to know each other better to work better together).

**“The role of captain and leader in a DreamTeam: what posture, what secrets?”**

**I'll be talking about :**

Individual energy: the importance of being a high-performance individual, addressing the different batteries needed by each individual to serve the team.

The scale of performance with effectiveness, efficiency and excellence: what is performance? What is excellence? How can we achieve it individually and collectively?

The notion of team and DreamTeam, the essential ingredients, with emphasis on individual knowledge, strengths, weaknesses, talents and skills.

The role of leader, team captain and entrepreneur, my experience, best practices  
Entrepreneurship



Speech by Karine Baillet at the inauguration of Manpower's Lille branch  
Thank you for this moment of sharing and energy.  
I'm sure your messages and our team's energy are already spreading beyond our walls.



# Conference

**That's life: to fall seven times and get up eight.**

After presenting my career in high-level sport, raids and adventures, I'll talk about my successes and failures, the challenges and setbacks that have enabled me to get back on my feet and go further.

**"Roller coasters are my life. Life is a violent, hallucinatory game; life is throwing yourself into a parachute and taking risks, falling down and getting back up again, it's mountaineering, it's raiding?" PAUL COELHO**

I'll talk about this during the conference:

My story

My abandonments and learnings from a sporting point of view

My personal changes of direction (stopping at high level and repercussions)

My professional challenges, some of which I had to give up

Individual energy

The scale of performance with effectiveness, efficiency and excellence:

The notion of team and Dreamteam, the essential ingredients, with emphasis on individual knowledge, strengths, weaknesses, talents and skills.



CDM Export - Chateauform' Château de Mareil-le-Guyon

We have very good memories of our meeting. You gave us your motivation! I'd like to thank you for sharing your team-building tips.



# Conference

“How to transform stress into positive energy to mobilize teams”.

After presenting my background in high-level sport, raids and my adventures, I'll make an interactive link with your company.

## During the conference, I will discuss :

Individual energy: the importance of being a high-performance individual (and one who challenges himself individually), addressing the different batteries needed by each individual to serve the team, stress signals.

The notion of stress: what is stress; effects of stress on my body, sources of stress, responses to stress...

Opportunity for employees to work on their sources of stress, those over which they have influence or not, and the solutions envisaged.



CONFERENCE AND COACHING CODIR PIERRE HERME CHATEAUFORM'

Your speech and our discussions were much appreciated, and will remain in our minds for a long time to come. Your testimonial, your analysis and your feedback on your many collective performances have nourished us, and it's now up to us to learn from them.



# Conference

“Innovation at the heart of challenges, a similar mechanism”.

After presenting my background in high-level sport, raids and my adventures, I'll make an interactive link with your company.

## During the conference, I'll talk about :

Energy: what we need for a challenge (notion of emotions)

The Performance needed for a challenge (Excellence)

The fundamentals of a DreamTeam

What makes us dare, what makes us win/Our rituals/

What does innovation mean to me? It's at the heart of our challenges:

- Having a crazy, ambitious and sometimes risky challenge (project) (creativity) emerge!

- Achievable! When you want to, you can !!!! (feasibility)

How do we structure it? How do we make our tools evolve?

My anecdotes about Innovation: Dare, Challenge, State of mind, Audacity, Originality, Creativity, Fun.





# Conference

## “Olympic values at the service of business”

After a brief history of the Games, Karine recalls the motto, values and symbols of Olympism “Citius, Altius, Fortius” expresses excellence. She encourages athletes to give their all. The flame symbolizes friendship between peoples, with its relay travelling through many countries around the world. The rings represent respect, uniting all nations and all five continents without discrimination.

**During the conference, I'll be talking about :**

**Balance:** body, will, mind

**Excellence:** to give one's best in relation to the objectives we have set ourselves.

**Friendship:** building a better, more peaceful world through sport, solidarity, team spirit, joy and optimism, despite differences.

**4) Respect:** the will to respect oneself, one's body, others, rules and the environment: fair play, the fight against doping or any other unethical behavior.

**5) The educational value** of setting a good example

**My anecdotes about Olympic values**





# Conference

## “Time and priority management, how can sports methods inspire and help?”

After presenting my background in high-level sport, raids and my adventures, I'll make an interactive link with your company.

During the conference, I'll talk about :

Energy: what we need for a challenge (Notion of emotions)

The Performance needed for a challenge (Excellence)

The fundamentals of a DreamTeam

How preparation is essential for organizing your time, managing your individual backpack, prioritizing, delegating

How preparation is essential for organizing your team's time (managing energy loss, how to optimize time)

How to balance professional/personal life and sport □ and manage your daily agenda?

How to optimize transitions? Structuring, mental preparation

My anecdotes on time and energy management



THALES CONFERENCE CHATEAUFORM' ROMAINVILLIERS.

A big thank you for your availability and this moment of exchange which led to fruitful reflections afterwards.

What stands out is the richness of the lessons shared, particularly in terms of group work and moving forward together.



# Conference

## “How can Nature events attract tourists?”

### LESSONS I'D LIKE TO SHARE

After presenting her career in top-level sport, raids and adventures, Karine Baillet makes the link with business in an interactive way.

She will highlight the possibility of using Nature activities, events, commitment and dynamism to promote and economically develop a region.

Economic, social and societal, environmental, notoriety, image, positive spin-offs!



### CONFERENCE ENEDIS LA

Also very happy with this moment of sharing that triggered a few exchanges in the corridors in the category “waaaa she rocks the chick!”, a satisfaction to see that your testimony was able to mark some minds and give new inspiration for others ... Only positive!



# Conference

**“Crisis, How to find yourself and expose your emotions, your desires behind the fears?”**

After presenting my background in top-level sport, raids and my adventures, I'll link up with your team in an interactive way.

**How did you live through the crisis? What were your emotions? What are your fears, your desires, your outlook on life in general and your work in particular?**

I'll draw on the 4 batteries that make up the human body, and discuss the desires behind each fear. Collective and individual action plans will conclude our session.



AXA FREMIGNY CONFERENCE.

Thank you very much for this wonderful speech, full of strength and humanity.

It was great! All the participants were delighted. They loved your speech and the messages you conveyed. And you inspired a great deal of respect. The “Our strengths for 2023” workshop that followed was a success: the videos from each group prove it.



# Conference

## “Evolving in uncertain times, how do we look to the future?”

After presenting my career in top-level sport, raids and adventures, I make the link with business in an interactive way.

In the end, whether you're a top-level sportsman or an employee, evolving in uncertain times has to be planned and starts with changes, which also have to be well understood!

### What is change?

How best to manage it?

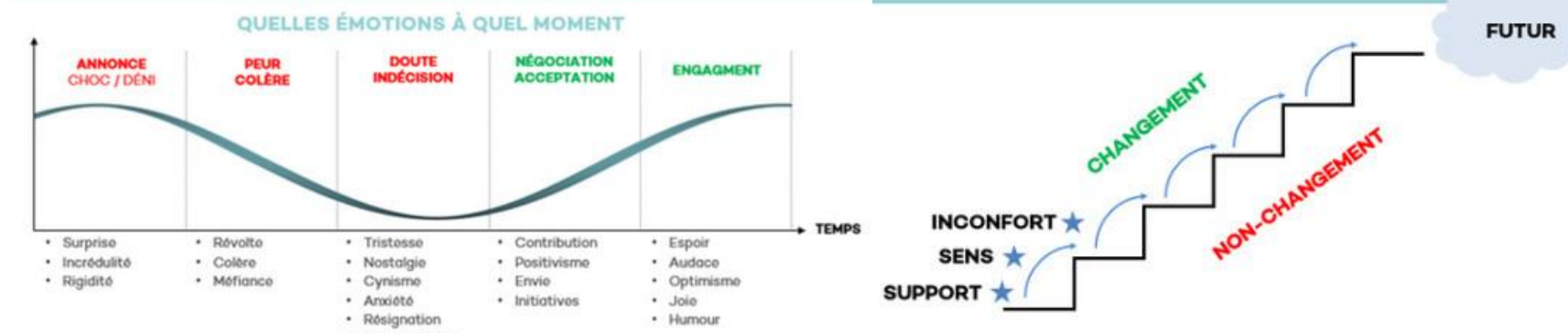
### What are the keys to successful post-crisis change?

Karine will explain the fundamentals of successful change in times of uncertainty.



CONNAITRE MES ÉMOTIONS LORS D'UN CHANGEMENT?

COMPRENDRE LE CHANGEMENT



CONFERENCE IN ENGLISH MOY PARK.

We wanted to share this testimonial, which was felt by all the participants.

Everyone was impressed - and the word is weak - by your career path. Your empathy, simplicity and dynamism made our time with you a rich interlude of exchange and conviviality. Through the values of sport, you highlighted the importance of the individual in the cohesion of a group: “one for all, all for one”. A big thank you from the whole team for this moment.



# Conference

“How do we get back together and rethink our rules and trust? How can we maintain team spirit when teleworking?”

After presenting my background in high-level sport, raids and my adventures, I'll make the link with your company in an interactive way (getting to know each other better to work better together).

“Human energy - From individual to collective performance”.

**During the conference, I'll talk about :**

Individual energy: the importance of being a high-performing individual, by addressing the state of the different batteries each person needs to serve the team.

The notion of team and DreamTeam, the essential ingredients to be revisited after this period of crisis and with the current conditions. The fundamentals of a telecommuting team: how to keep the human touch? Short, optimized, business-focused meetings, but also team meetings; good manners, setting up informal online moments, building trust, restoring energy because telecommuting is mentally draining, setting up virtual Team buildings...

Mutual aid and solidarity are more important than ever.



CONFERENCE FEDERATION DU BATIMENT DE FRANCE

A big thank you to you for your availability and your presentation which bluffed more than one !!!  
The members loved it and were all very impressed!



# Conference

“How do you bounce back from failure? After a difficulty? Approaching resilience”.

A real moment of sharing... A moment out of time!

I've experienced failures and difficulties in uncertain environments, and we've managed to make the most of them!

I'll explain everything to you, and stimulate you in your new projects and dreams. I'll give you the keys you need to succeed and bounce back after this exceptional period.

My key messages will revolve around positivity, resilience, sharing and moving forward.





# Workshops

Possibility of adapting and modulating according to theme. Systematic personalization.

Some examples and topics of workshop themes :

- Workshop: Together towards a "DREAM TEAM" - Working on team cohesion
- Workshop: "The corporate athlete" - Working on sustainable individual energy
- Workshop: "Change" - How to bring about successful change
- Workshop: "Developing emotional intelligence, emotions and stressors"
- Workshop: Stress management - Improving Emotional Intelligence
- Workshop: "Preventing musculo-skeletal disorders"
- Workshop: Improving employee health through physical activity



MSD SEMINAR in NICE CONFERENCE AND WORKSHOP

We'd like to thank you for your talk, which was much appreciated by all. Your contributions made the team even more aware of the importance of teamwork and communication. Some of your contributions and phrases were even taken up in operational workshops the following day!



# Workshops

## Together towards a DREAM TEAM

### Team building

#### The 4 axes of human potential development:

The IQ axis (intelligence quotient) / The EQ axis (emotional quotient) / The QC axis (body quotient) / The SQ axis (spiritual quotient)

Our body rests on 4 fundamental batteries

Introduction to the tool: skills, what makes my heart beat and how I move my body.

Individual work to identify your weakest battery? Those of your colleagues?

Action plan: Discussions in pairs or groups of 3.

#### Measuring results: effectiveness / efficiency / excellence

What's costing me energy and preventing me from achieving excellence?


What costs us energy and prevents us from achieving excellence?

Individual and collective work on my level of performance?

What's costing me energy?

What's costing us energy?

Action plan



ARRIVEE

phard un sport d'équino

ÉCHELLE DE LA PERFORMANCE

EFFICACITÉ	EFFICIENCE	EXCELLENCE
RÉSULTATS	RÉSULTATS	RÉSULTATS
ÉNERGIE	ÉNERGIE	ÉNERGIE
Je réussis	J'optimise	Je performe
Nous faisons bien	Nous nous améliorons	Nous performons



# Workshops

## Together towards a DREAM TEAM

### Team building

#### The ingredients of the DREAM TEAM

Work on a common business objective, but also an emotional one (pride).

Operating rules: define them, communicate them and make them a daily reality. What is unbearable for us in our daily work and what could we improve?

Strengthening mutual trust

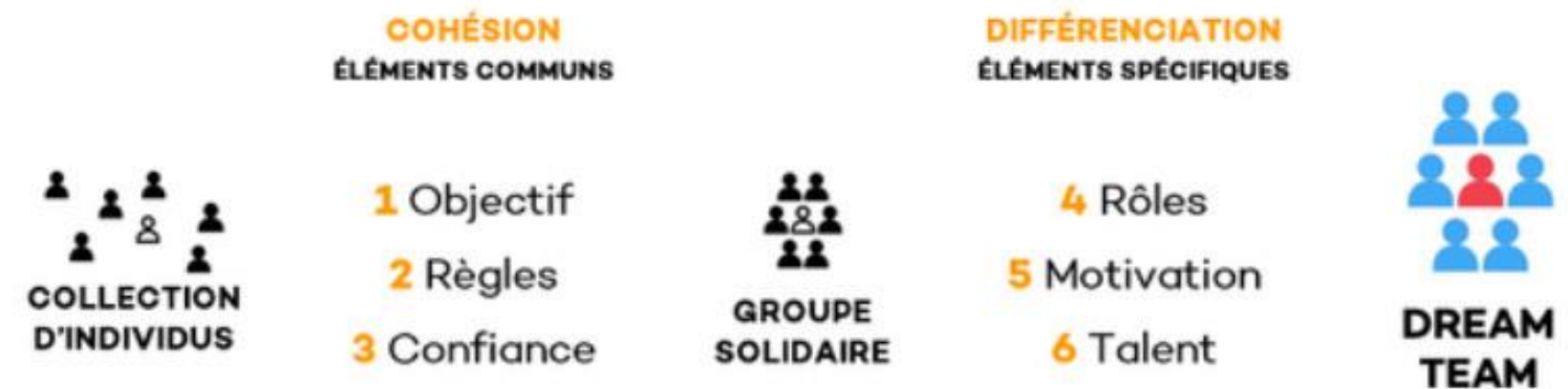
How can we create a team dynamic, from motivation to enthusiasm to pride in belonging?

How can we put team members in an energizing role? Mutual expectations

Talent - How can we create the right context for developing talent and skills?

**Practical exercises:** in the form of small-group workshops, we'll work on several ingredients of the "Dream team": defining objectives, working on rules, mutual expectations...

**Option:** an orienteering course (looking for clues on foot) to experience the fundamentals!





# Workshops

## “The corporate athlete”

### Sustainable individual energy work

#### The 4 axes of human potential development:

The IQ axis (intelligence quotient)/The EQ axis (emotional quotient)/The QC axis (body quotient)/The SQ axis (spiritual quotient). Our body rests on 4 fundamental batteries.

**Individual presentation** of this tool (my skills, what makes my heart beat and how I move my body).

Individual work to identify your weakest battery? Those of your colleagues?

Action plan: Discussions in pairs or groups of 3.

Measuring recovery mechanisms

The 7 sources of recovery after a period of pressure or stress

#### Measuring results: effectiveness / efficiency / excellence

What's costing me energy and preventing me from achieving excellence?

What costs us energy and prevents us from achieving excellence?

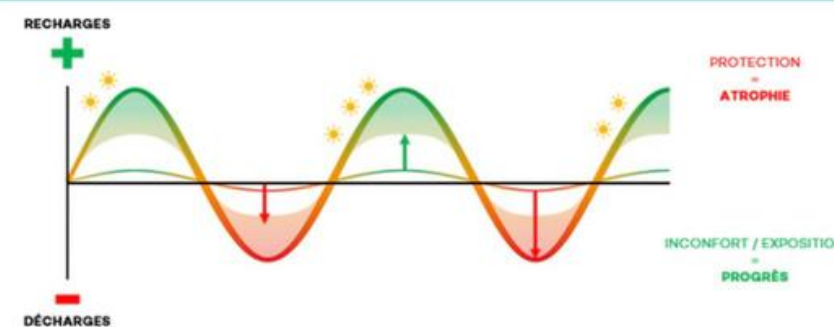
Individual and collective work on the level I'm at on the performance scale? What costs me energy?

Individual energy management?

**Action plan**



#### L'OSCILLATION VITALE DÉCHARGE / RECHARGE



#### ÉQUILIBRER NOS 4 BATTERIES





# Workshops

## “The corporate athlete”

### Sustainable individual energy work

**Sleep:** how does it work? What can we do to sleep better when we know that sleep recharges 80% of our batteries, along with our diet?

**Nutrition:** the basics for better energy

**Pressure management, stress management:** how does it work? How to manage it better?

What signals do we need to take into account?

What about sport?

Other ways to keep your energy up over the long term

In the form of small-group workshops, we'll work on these items with an individual action plan.

*Option: Karine will sensitize participants with relaxation and stretching exercises...*



#### PHYSIQUE

☀ Sommeil

☀ Alimentation

#### MENTAL

☀ Humour

☀ Détente

#### ÉMOTIONNEL

☀ Satisfaction

☀ Vie sociale



Symbol IT Château de Montreuil-sur-Mer

We had an excellent stay in your company, both during the strategy workshops and the sports bonding sessions. You and your team contributed greatly to the symbiosis and strengthening of the team. The professionalism shown by the KBO team and your availability were invaluable to me, and made this event a success!



# Workshops

## “The change”

### How to make a successful change

In the end, whether you're a top sportsman or an employee, **change is permanent**, but it has to be understood!

**What is change?** How best to manage it? What are the keys to successful change?

Karine will explain the fundamentals of successful change.

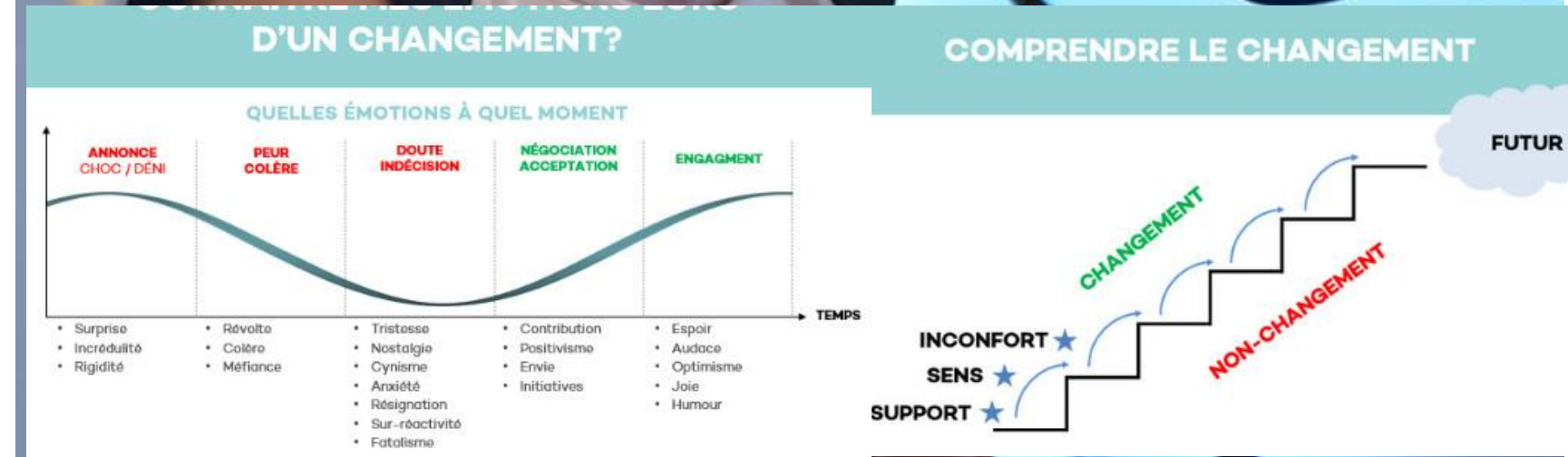
#### The 4 phases of “Change” and attitudes :

Unthinkable => Refusal

Impossible => Resistance

Acceptance => Rallying

Creation => Energy





# Workshops

## "Time management and priorities

In the end, whether you're a top-level sportsman or an employee, time and priority management needs to be tackled and optimized, **and properly understood!**

How to optimize your backpack

How to get organized

How to manage time better



<i>important</i>	<b>Q1 : urgent &amp; important</b> À FAIRE	<b>Q2 : important &amp; non urgent</b> À PLANIFIER
	<b>Q3 : urgent &amp; non important</b> À DÉLÉGUER	<b>Q4 : non urgent &amp; non important</b> À ÉLIMINER
<i>non important</i>	<i>urgent</i>	<i>non urgent</i>



# Workshops

## “Developing emotional intelligence, emotions and stressors”.

**Developing emotional intelligence:** finding the right emotional balance to develop positive, motivating work energy

**Stress mechanisms and mental modes:** maintaining control in stressful situations and responding constructively to them

**Managing emotions:** mobilize your emotions to improve your ability to communicate with others

**Non-violent communication:** becoming an active and effective communicator

**Putting it into practice: Individually:** define your emotional competencies / In small groups: understand the impact of emotions on your thoughts and actions, and find concrete solutions to overcome them.





# Workshops

## “Developing emotional intelligence, emotions and stressors”.

**Stress is part of our daily lives**, but there are ways to manage it effectively.

In this module, you'll learn in a playful way how to free yourself from stress, thanks to some techniques.

**Objective:** Know how to analyze, recognize and generate any emotion in order to free yourself from stress and toxic emotions.

### Steps:

- Analyze our own emotions and their effects
- Analyze other people's emotions and their effects
- Managing emotions by recognizing them
- Managing emotions by gaining the ability to express and create them freely and at will, as an actor, depending on the role and situation.





# Workshops

## “Prevent musculoskeletal musculoskeletal disorders (MSD)”.

Theoretical content on how the human being functions, healthy living, musculoskeletal disorders, their causes and means of prevention.

Practical tools for prevention, gestures and postures.

The life of the group will represent our practical laboratory: based on real-life examples shared by the members of the training group, implementation of personal work and follow-up.

Practical exercises in gestures and postures

Action plan to follow

**Practical application:** in the form of individual workshops, we will work on concrete cases and practical exercises in gestures and postures.





# Workshops

## “Improving employee health through physical activity”.

Theoretical content on human functioning and the importance of physical activity, based on real-life examples shared by members of the training group => Raising awareness of the benefits of physical activity in the workplace for the health of employees and employers.

Focus on various studies conducted on the subject in France and abroad  
Impact of physical activity on MSD and safety, impact of sport on absenteeism

Implement prevention and wellness initiatives based on the practice of sports activities. What are the different levels of action: individual, groups of employees, company project?

Which internal players to involve  
Identify the external players who can help you in your approach (clubs, local authorities, federations, etc.).  
Participants and non-participants: typical profiles and motivations

**Putting it into practice: in the form of individual workshops, we will work on concrete cases of “setting up physical activity in the workplace”. Practical exercises can be arranged on request.**





# Customer testimonials



Hello Karine, once again I'd like to thank you for yesterday's discussion at Egis. It was very positive and inspiring for all the participants. Yours sincerely, Caroline Paris

Hello Karine,

I had the immense privilege of attending your conference on December 10 at EGIS: a great moment full of lessons learned!

Bravo again for all your achievements and for pushing back the limits!

"Karine Baillet spoke at our Annual General Meeting on October 15 in Reims, the main theme of which was the implementation of our Participatory Organization Project and the values it shares with sport: team cohesion, surpassing oneself, solidarity, performance.... On paper, Karine's profile fitted perfectly with the message we wanted to get across to our 600 employees.

Karine exceeded our expectations, sharing with us her experience and the lessons she has learned from it for her sporting practice, her challenges, her professional and personal life.

Her speech captivated the audience, arousing both admiration and reflection. Her strength of conviction, accessibility and dynamism were an important source of inspiration for all our colleagues.

Once again, thank you Karine for this beautiful and motivating performance!"



Hi Karine, We also had a great time with you, and your contribution was much appreciated. The feedback is very positive! We'll get back to you soon to send you some photos. The idea of seeing you again on other occasions, such as training courses or seminars, would be really interesting, so we'll pass on the information to the HR department.

Thank you again for your availability and your sharing. It's been a real pleasure to have you.







# Contact-us!

06.24.14.32.56

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