



# Roberto... mio palmo !

Red Sea, Egypt, November 23-30 2024

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Reconnect to your dreams and reinvent yourself  
with dolphin coaching



What if you dare to embrace your dream and reinvent yourself with two professional Executive Coaches and a hundred dolphins in the middle of the Red Sea?

How about increasing your level of awareness of the world, looking to the future with serenity, developing your agility and the fluidity of your relationship with yourself and others?

We invite you to live for a week a unique reconnection with yourself to reach all your potential through the meeting with free dolphins in the heart of the Red Sea.

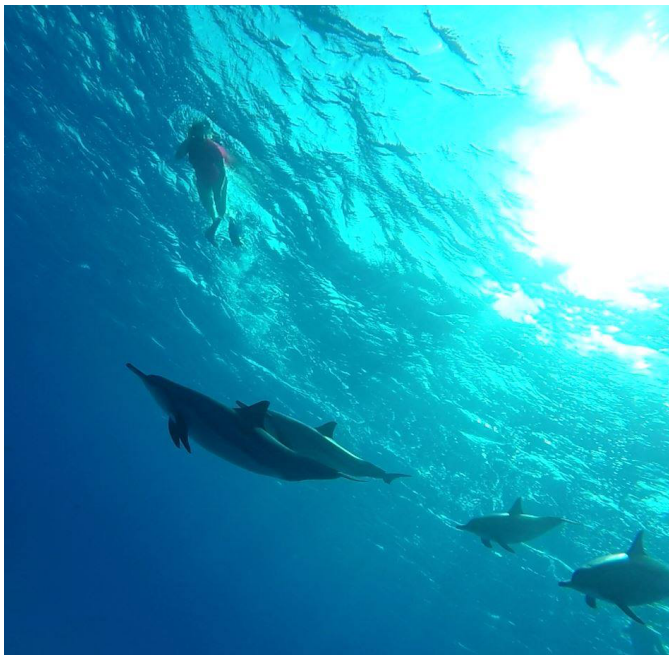
Accompanied by two coaches, you will alternate individual coaching sessions, group coaching sessions and snorkeling in the heart of the lagoon to meet the dolphins or to discover multicolored corals and fish.

You will benefit from two individual coaching sessions during the seminar to surf upon the mirror effect of the dolphins. We will help you pay attention to the states of your nervous system so that you can put awareness on them, can regulate your nervous system and speak its language.

You will also have the opportunity to participate in collective coaching at the end of each day on the boat.

Dolphins have many qualities that make it easier to support people. They are sensitive, assertive, sometimes confronting, curious, players, and experts in synchronization. Swimming among them invites to connect with oneself and others. The dolphins act as a real mirror offering new perspectives and accelerating awareness that are necessary for transformations.

You will experience an overwhelming, confrontational experience and profound transformations.



Each day, you will look in the water for answers to your problematic, whose response will emerge through the encounter with dolphins, enriched by sharing with the group and our feedback.

This coaching facilitated by the dolphin will allow you to let go, take a fresh look at your activity, increase your level of consciousness, develop your intuition and remove the brakes from fears and limiting beliefs.

You will be able to directly apply what you will experience and learn with dolphins in your life in the company and in your relationships with others.

# Program

## Dolphin Coaching

Coaching facilitated by the dolphin will be the key activity of this seminar. After having determined together before departure your goal of accompaniment for the week, we will offer a day of individual coaching to dive with you in the heart of your problem and decrypt with you the lessons learned including during the meeting with the dolphins.

At the end of the afternoon, we may gather in group to share your experiences of the day, to exchange and propose you our lighting.

## A typical day onboard

- Respectful encounter with dolphins, swim with dolphins
- Breakfast
- Swimming for the discovery of multicolored fish and bay corals
- Snack
- Relaxation or scuba diving (optional) or individual coaching with Delphine or Yann
- Lunch
- Respectful encounter with dolphins, swim with dolphins
- Relaxation or individual coaching with Delphine or Yann
- Snack
- Collective activity: Stories of dolphins
- Dinner
- Relaxation

Activities during the day are proposed, not mandatory.



## Agenda

- **November 22, 2024 evening:** diner in Paris to get to know the participants and facilitators (optional)
- **November 23, 2024:** flight Paris – Hurghada 10h00-15h00 (hours are subjected to operator change) then transfer by bus to the pier, dinner and overnight on the boat
- **November 24-29, 2024:** the morning of November 24, departure by boat from the port to the bay of Sataya and anchored in the heart of the turquoise lagoon until November 29, 2024
- **November 30, 2024:** morning return to the pier, transfer to the airport and flight Hurghada - Paris 16h00 – 21h30 (hours are subjected to operator change)

## General information



- **For who?** Everyone willing to reinvent herself or himself
- **Duration:** 7 days
- **Number of participants:** limited to 9 people
- **Location:** Sataya Bay in Egypt
- **Accommodation:** double cabin to share or not in a luxury privatized yacht 33 m long and 8 m wide renovated in 2024 for 22 people
- **Dates:** November 23-30, 2024
- **Price:** 3300 euros, including transfers & catering and accommodation on the boat, excluding insurance
  - This rate includes:
    - Coaching facilitated by the dolphin and the yoga and free diving initiation sessions
    - Meals and non-alcoholic drinks on the boat
    - Nights aboard the boat in the cabin
    - Navigation fees
    - Airport transfers - pier - airport by air-conditioned bus
  - This rate does not include:
    - Flights
    - Visa fees (around € 25-30)
    - Tips for the crew of the boat (allow about € 30)
    - Alcoholic beverages (50 cl beer: € 3)
    - The tax of Wadi El Gemal National Park (€ 65)
    - Multi-risk insurance
    - The equipment of fins, mask, snorkel and neoprene suit to buy before departure
    - Optional sessions of scuba diving (between 35 and 40 €)

# Coaches



Doctor in Neurosciences and HEC certified coach and supervisor, **Delphine Dépy Carron** has been using since 2002 her knowledge of human functioning to support leaders and their teams to reinvent themselves in France and abroad.

Delphine is passionate about the animal world, inter-species communication and its use in coaching people. She first studied primates at the CNRS and then created a coaching activity facilitated by horses and also coach people to reinvent themselves through the meeting with dolphins.

Delphine contributes to HEC training programs for coaches and is asked to conduct conferences combining Neurosciences, behavioural biomimicry and life of organizations on topics such as leadership, collective intelligence, intrapreneurship, innovation or emotional intelligence.



Coach certified by HEC, **Yann Sonneck** has been coaching leaders, their management committee and their teams to reinvent themselves in France and abroad for more than 10 years.

Yann is passionate about strategy, complexity and functioning of organizations. After leading several companies in the industry, logistics and consulting, he helps leaders to sublimate their encounters with dolphins and dance with their complexity.

Yann's approach is concrete, results-oriented and strongly geared towards experimentation and benevolent confrontation.

Delphine and Yann created INTO, the Institute of Neuroscience for the Transformation of Organizations.

INTO has three main missions:

1. Conduct applied neuroscience research in business.
2. Support transformation of organizations with new discoveries in neuroscience.
3. Train coaches, leaders and managers to put these methods into practice in order to change behavior in organizations in a sustainable way.

# Registration & contact



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