

A Unique One-Day Workshop to Empower You

ACHIEVING **HIGHER** **PERFORMANCE** THROUGH **BETTER LIFE BALANCE**



Friday, 14th June 2019



Les Philosophes, Geneva, Switzerland

Organized by:



Programme delivered by:



LEAD:

Martin de Waziers

Founder & MD Alpha Omega Capital

BRUSSELS, BELGIUM

- Executive and family guidance
- President, AFDIALOGUE, Voice Dialogue International
- Mentor to CEOs, Family Heads, Start-up Founders
- International Conference Speaker
- Former Financial Markets Head at Credit Agricole

 www.alphaomegacapital.com



MODERATOR:

Jonathan Cave

Founder & CEO, MyPhy

GENEVA, SWITZERLAND

- Creator of “MyPhy” Empowerment Method
- International Conference Speaker
- International Lawyer
- Personal Advisor to High-Net-Worth Families
- Executive Coach, Facilitator, Mentor

 www.myphy.com

 www.jcsolutions.ch

Programme - ACHIEVING HIGHER PERFORMANCE THROUGH BETTER LIFE BALANCE

8.30am – 9.00am:

Registrations and Introductions

9.00am – 10.30am:

Martin de Waziers
& Jonathan Cave

**The Triple Dimensions of a
Human Being**

Learning about your Conditioning
&
the Difficulties in Achieving a Healthy “Performance-Balance” Relationship

10.30am – 11.00am:

Coffee Break & Networking

11am – 12.30pm:

Martin de Waziers

Towards Life Balance

Improving your Balance
&
Developing your own Tools

12.30pm – 1.30pm:

Lunch Break & Networking

1.30pm – 3.00pm:

Martin de Waziers

Connecting to Your Purpose

Understanding the Relationship to Oneself, to Others
&
to your Surroundings

3.00pm – 3.30pm:

Coffee Break & Networking

3.30pm – 4.45pm:

Martin de Waziers

**Ten Pillars to Stand on Going
Forward**

Creating your own “Performance-Balance” Philosophy
&
Applying it

4.45pm – 5.30pm:

Martin de Waziers &
Jonathan Cave

Questions, Feedback & Conclusions

Programme Information

WHY?

A Programme to help you:

- > **Understand** your multiple dimensions
- > **Develop** a practical “higher performance-life balance” toolkit
- > **Reconnect** to your life purpose
- > **Create** your own philosophy and apply it daily

WHO FOR?

- > Leaders and Managers
- > HR Professionals
- > Family Heads
- > Lawyers, Bankers & Entrepreneurs

WHAT?

- > **Learn** new tools towards higher performance
- > **Find** a better alignment
- > **Get ideas**, inspiration and guidance to progress
- > **Exchange and network** with like-minded people

WHEN?

Friday, 14th June 2019
8:30am – 5:30pm

WHERE?

Les Philosophes,
Rue Prévost-Martin 5,
1205 Genève, Switzerland

COST

One-Day Programme Fee:
CHF500 per person + VAT (includes lunch)

“Early Bird” rate:
CHF400 for paid reservations
up to 14th of May 2019

RESERVATION:

Reserve your place now by sending us an e-mail at events@myphy.com

We intentionally limit places to a small intimate group for maximum participant impact, so book early to avoid disappointment!

Bios & Testimonials



Martin de Waziers
A Brief Profile

Founder of Alpha Omega Capital, Martin is an expert in human relations, soft skills, and life balance. He works with leaders and executives from around the world, accompanying them and their teams and families on the path to a happier life, both professional and personal.

After graduating from Polytechnique in 1975 and Harvard 1980, he spent 25 years in US and European banks, mainly in international operations; managing up to 900 people, he gained expertise in personal and team development, complex decision-making and achieving higher performance through greater well-being.

A taste for entrepreneurship, personal training and work for large groups and families has forged his faith in close people management.

He is an international conference speaker on life balance, soft skills development and successful human relations.

He is married with three children and lives in Brussels, Belgium.

What people say about Martin de Waziers:

“What a relief having Martin at our side when we are trying to build our business: his international, operational and human experiences leverage immensely our development.”

Founder, Int'l S/U



Jonathan Cave
A Brief Profile

Jonathan is an executive coach, facilitator and chief empowerment officer to leaders, corporate teams and high-net-worth families.

A New Zealand-British National who was raised in Switzerland, France, England and New Zealand, he qualified as a lawyer and spent 13 years in Geneva, Switzerland representing some of the wealthiest families in the world in their business, professional and personal affairs.

In 2016, he walked away from his promising legal career to focus on his passion: developing human potential. He created the “MyPhy” Empowerment Methodology which is based on years observing successful leaders and entrepreneurs up close, as well as on his own personal experiences.

His clients include some of the biggest tech firms, private banks and wealthy families around the world. He currently lives with his family in Geneva, Switzerland.

What people say about Jonathan Cave:

“Jonathan is an inspired and inspirational individual. He brings to all he does a passion and energy combined with great professionalism and integrity. He's just added to the wellbeing space a new and fascinating dimension”

Thierry Malleret, Managing Partner, The Monthly Barometer