Carole Tranchant

Direction artistique Graphisme Illustration









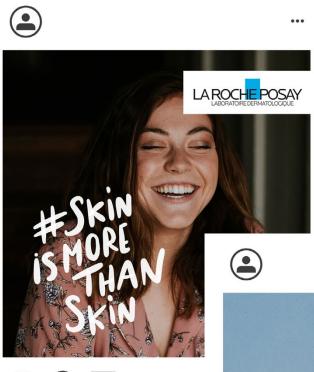




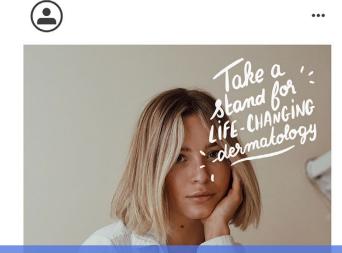


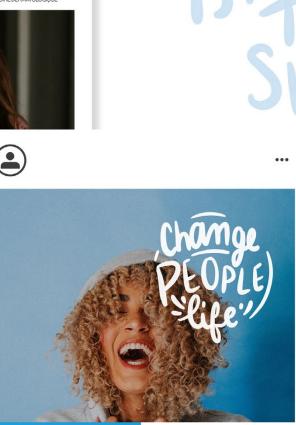


Filtre Instagram pour l'événement **DermLIVE by La Roche Posay** / Création typographique



SkinlsMoreThanSkin









#**SKIN** IS**more** Than**skin**



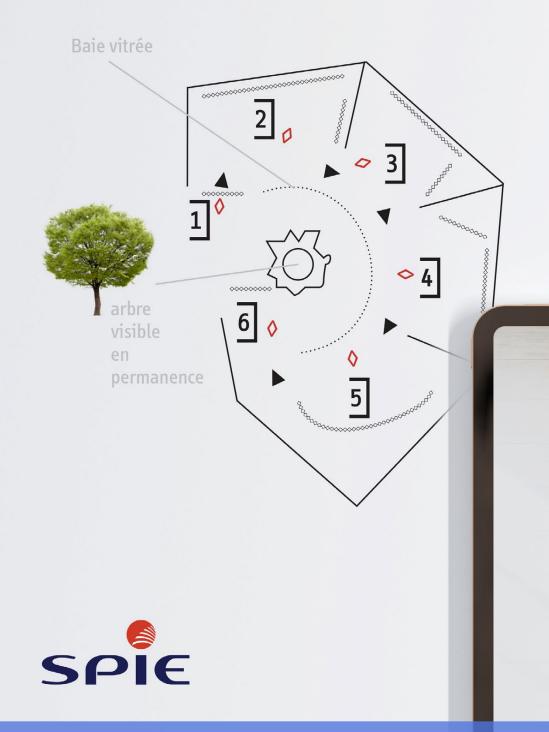
Logotype SPIE #Workshop2025

Projet de visite virtuelle dans l'entreprise de 2025



Logotype SPIE #Workshop2025

Projet de visite virtuelle dans l'entreprise de 2025







Campagne d'affichage pour les restaurants Elior du groupe La Poste



QUE

BON

C'EST

elior @

D'AGIR !

Bon pour le climat, nous vous proposons un menu cuisiné à partir d'aliments de saison, produits localement et respectueux de l'environnement. *

* Tous les premiers JEUDI du mois à partir de... Maintenant !





⁶⁶ ARRÊTEZ DE ME **JETE** C'EST À PRE OU À LAISSE

Lutter contre le gaspillage alimentai commence avec des gestes simples. Une « poubelle à pain » installée dar votre restaurant viendra mesurer la de pain jetée à l'issue de chaque rep Notre objectif : qu'elle reste vide. Alors n'en laissons pas une miette !



LE GROUPE LA POSTE



Chaque geste compte ! Comme le raconte la légende du Colibri, véritable appel à l'altruisme et à la générosité, toute initiative et démarche personnelle en faveur de notre environnement sera bénéfique au plus grand nombre.

C'est pourquoi nous faisons appel à votre créativité, idées et initiatives qui permettront à notre restaurant d'être chaque jour éco-responsables. Soumettez-nous vos desseins et inspirations en accrochant un petit mot sur l'arbre à voeux !

LE GROUPE LA POSTE



QUE

BON

C'EST

D'AGIR !

66 NOS VIANDES SONT EN R.T.T. !

Les biennaits des proteines ne sont plus à démontrer pour l'être humain. Certes ces sources d'acides aminés essentiels se retrouvent principalement dans des produits d'origine animales mais saviez-vous que certains aliments comme les légumineuses, les noix et les graines ainsi que les produits céréaliers sont très riches en protéines ? C'est pourquoi, le temps d'une journée, nous souhaitons privilégier des recettes sans viande mais tout aussi savoureuses !



* Tous les premiers MARDI du mois à partir de... Maintenant !

LE GROUPE LA POSTE



QUE

BON

C'EST

D'AGIR !

^{GG} 100[%] CRÉAT POUR **ZÉRO DÉCHET** !

Pour la Semaine du Goût, nous avons de frapper un grand coup. Et de vous qu'avec un peu d'idée, on pouvait tou sans gaspiller. Par exemple, saviez-v que de nombreux aliments peuvent é consommés dans leur intégralité ? Préparez-vous à être surpris !

* Tous les troisièmes JEUDI du mois à par





elior@

GG AUJOURD'HUI, MON DESSERT EST SOLIDAIRE !

QUE

BON

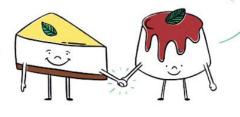
C'EST

elior @

D'AGIR !

Aujourd'hui, l'un des desserts que nous vous proposons est solidaire. Qu'est-ce que ça veut dire ? En achetant ce dessert, vous faites une bonne action ! Pour chaque dessert acheté, nous reversons XE à une association qui s'engage en faveur des plus démunis. Que c'est bon d'agir !

LE GROUPE LA POSTE













I.IA.I

À partir du 1^{er} janvier 2020, Elior s'engage à remplacer tous les couverts en plastique par des couverts en bois.









Site Wordpress pour une Thérapeute en Ayurvéda

Ô

Fabienne Goulard

Bonjour, je suis Fabienne !

À PROPOS TRAVAILLER ENSEMBLE L'ÉCOLE TÉMOIGNAGES CONTACT

Mon ambition : Que tu prennes soin de ton bien-être et de ta santé physique, mentale, émotionnelle et spirituelle. Pour que tu atteignes l'ancrage et la paix intérieure ! Quel programme !

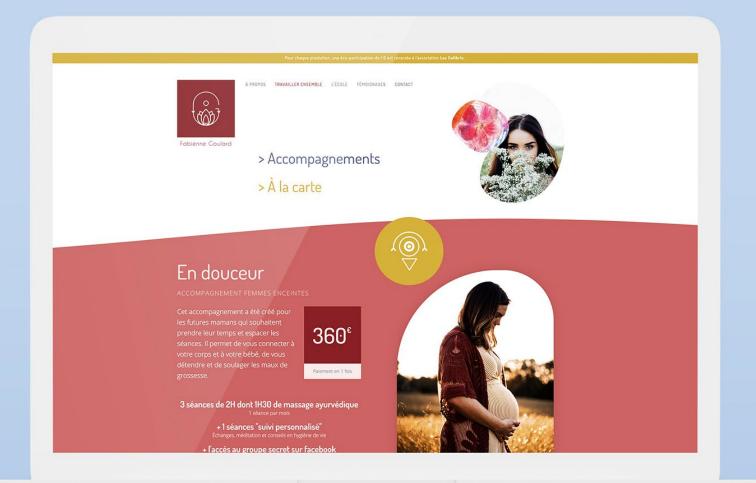


Mais, ça n'a pas toujours été comme ça...

- J'ai longtemps été salariée dans des Spas, qui m'imposaient un fonctionnement allant à l'encontre de mes valeurs ;
- épuisée.
- l'attention que j'aurai voulu puisque le travail était réalisé mouton ! à la chaîne

Depuis toujours, j'imagine ma vie en grand ! J'ai toujours été en quête perpetuelle de liberté. J'ai toujours rêvé d'avoir une vie passionnante. Bref, je suis amoureuse de la Vie ! J'ai toujours voulu exercer un métier dont je sois passionnée, tout en ayant un bon équilibre entre vie perso et vie pro... Profiter de la vie quoi, un point, c'est tout. J'ai toujours su que j'exerceral un métier passion car on passe trop de temps à travailler dans une vie pour ne pas aimer son job, pas vrai ?

- Je n'étais pas en phase avec le rythme hallucinant qui m'était imposé... J'étais sur les rotules !
- J'allais bosser en mode "pilote automatique"; Je falsais régulièrement 8 heures de massage/jour, j'étais
 J'avais la sensation de me trahir moi-même et de ne pas
- respecter ce que j'avais toujours envisagé pour moi ! Je ne pouvais pas prendre soin des gens avec toute
 Je devenais ce que la société attendait de moi : un











Identité visuelle pour une brasserie

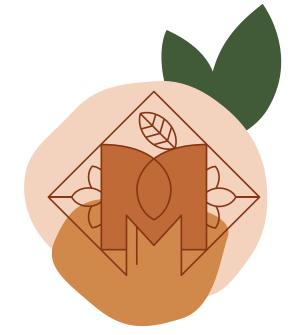


MONARK.



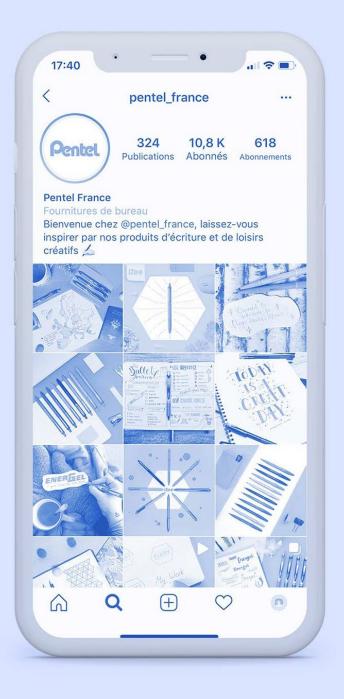




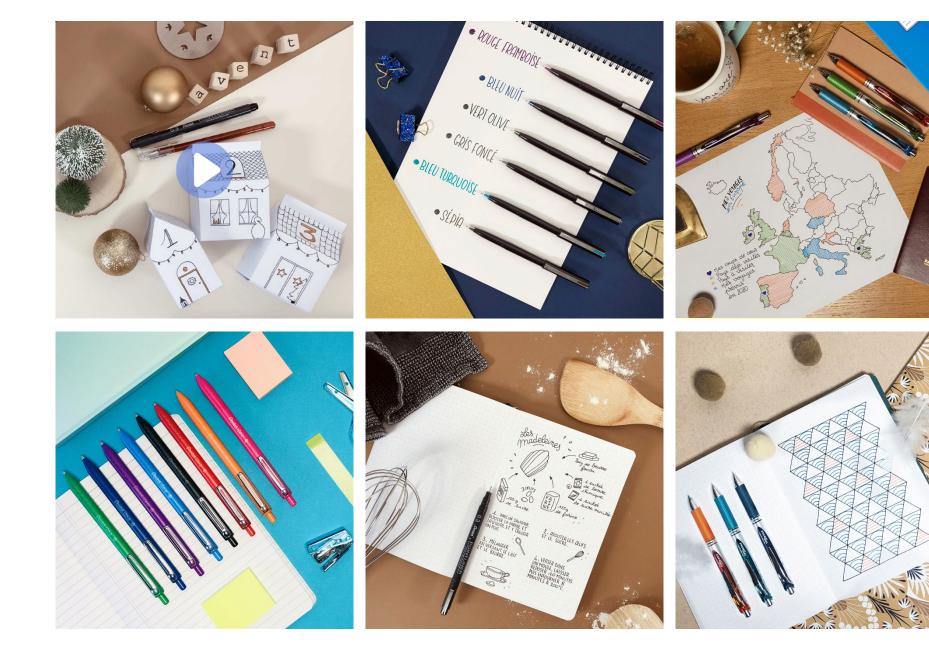








Création de contenu pour l'Instagram Pentel

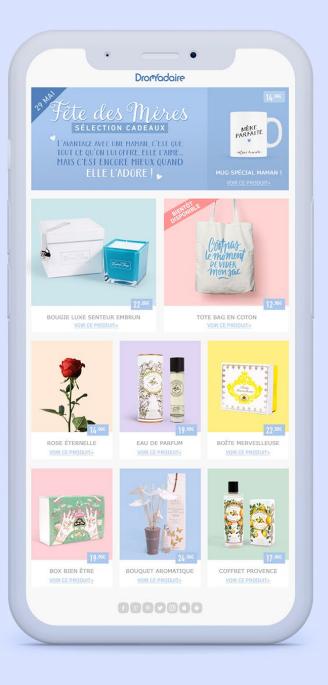
















Carte OFFERTE Emballage SOIGNE

Dromadaire

SÉLECTION AVENT

Ça commence à ressembler à Noël...



françois DOUCET Vous sentez ce parfum de douceur ?! C'est décembre qui approche... Et quoi de mieux qu'un calendrier de l'avent plein de surprises pour compter les jours et faire patienter vos proches ?! Vous êtes chanceux, on vous a selectionné les deux plus beaux !



CALENDRIER DE L'AVENT Gourmand

24 gourmandises raffinées à base de cacao, d'amandes, de noisettes et de fruits des vergers de Provence.

VOIR CE CADEAU >





Englis Tea Sh Dromadaire

ÉVITER LA DISPUTE !





ROSE ÉTERNELLE VOIR CE CADEAU >





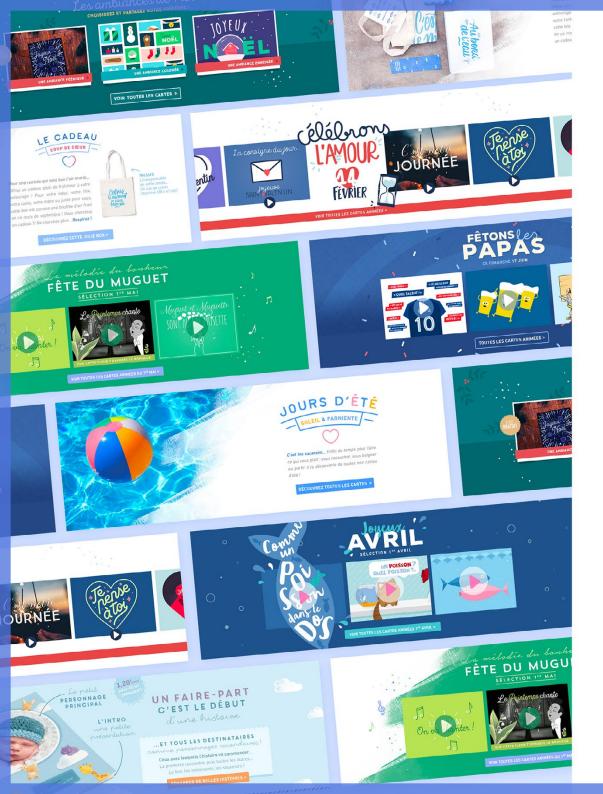
TROUSSE DÉSIR ASSORTIMENT CHOCOLAT VOIR CE CADEAU >







Sliders pour site eCommerce









Affiches publicitaires



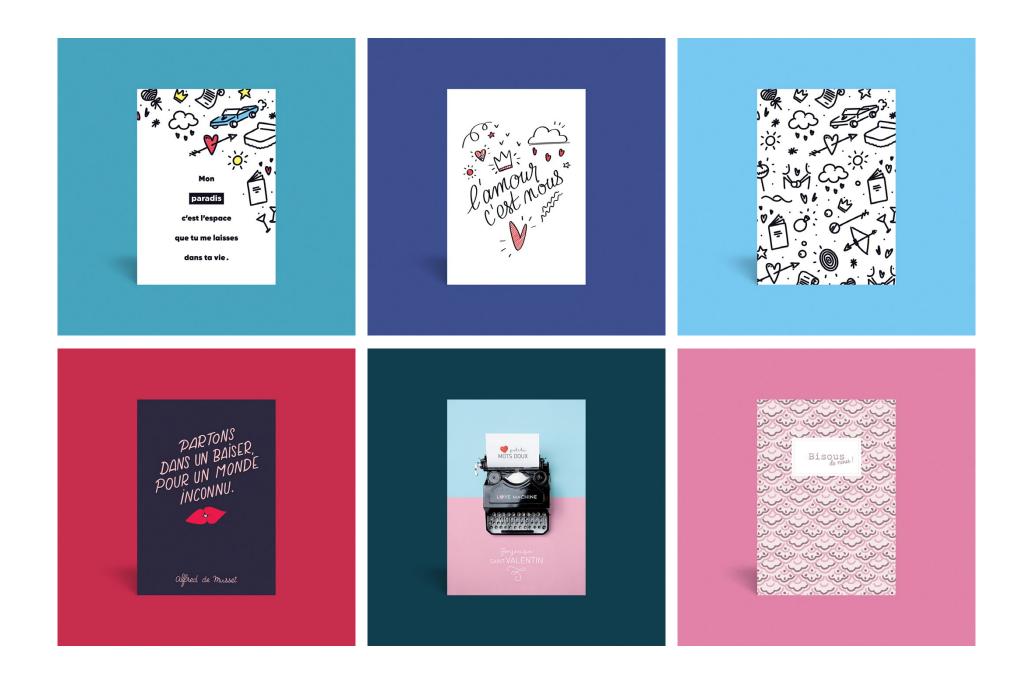




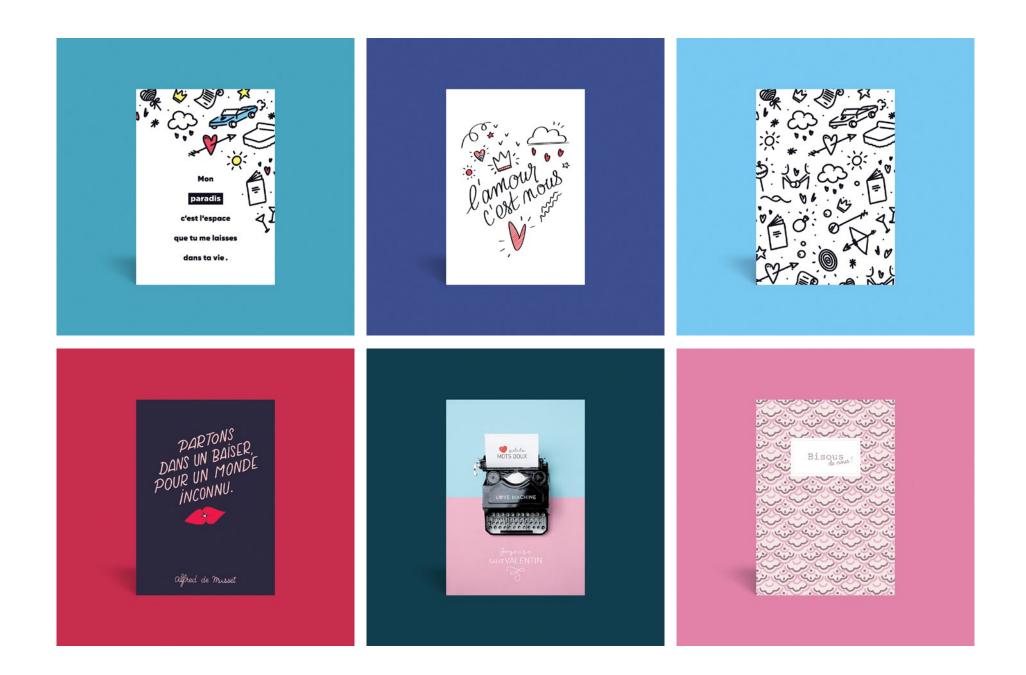
Illustration

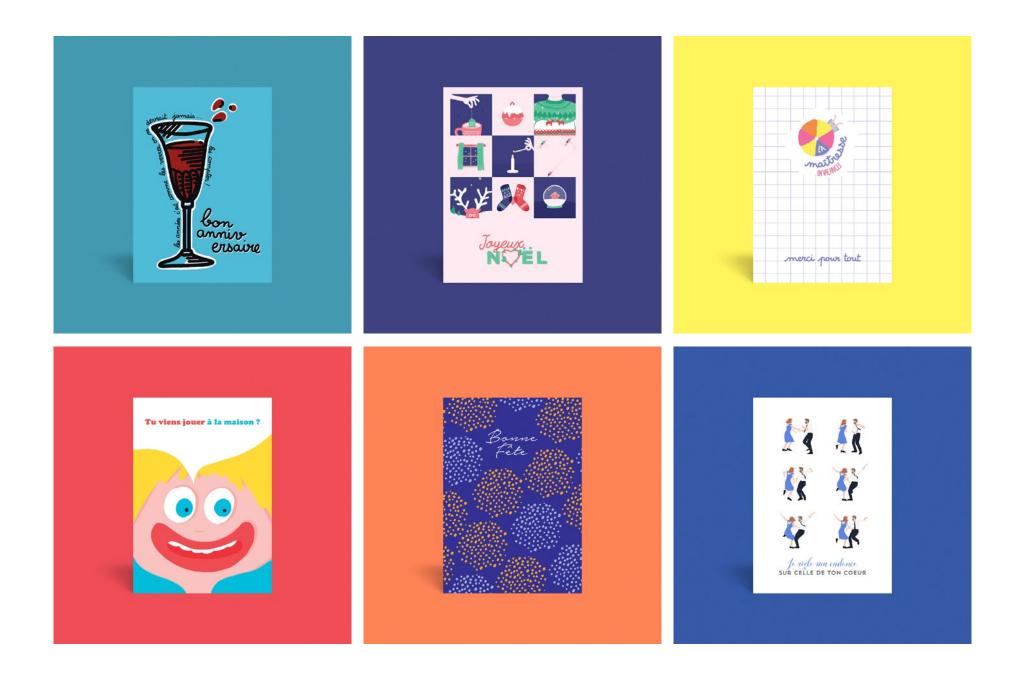












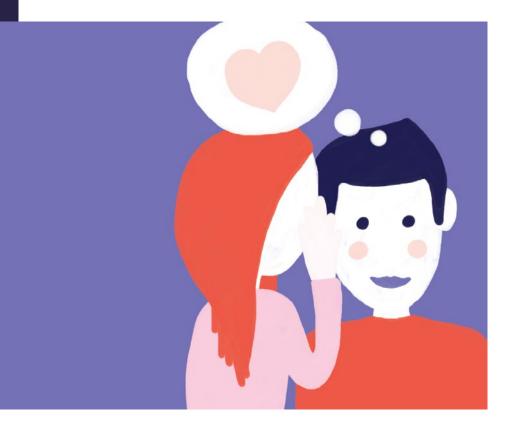






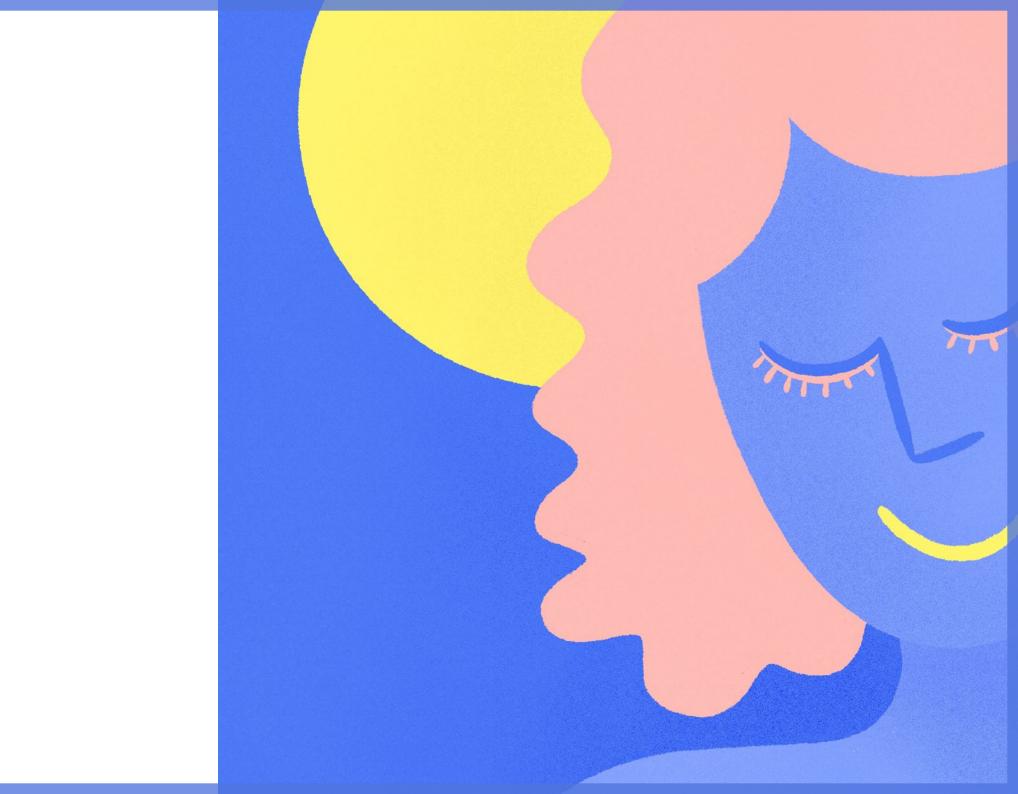


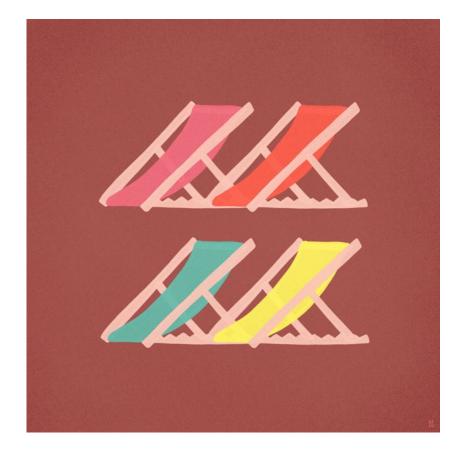
Projets personnels, cartes papier, illustrations pour les réseaux sociaux...



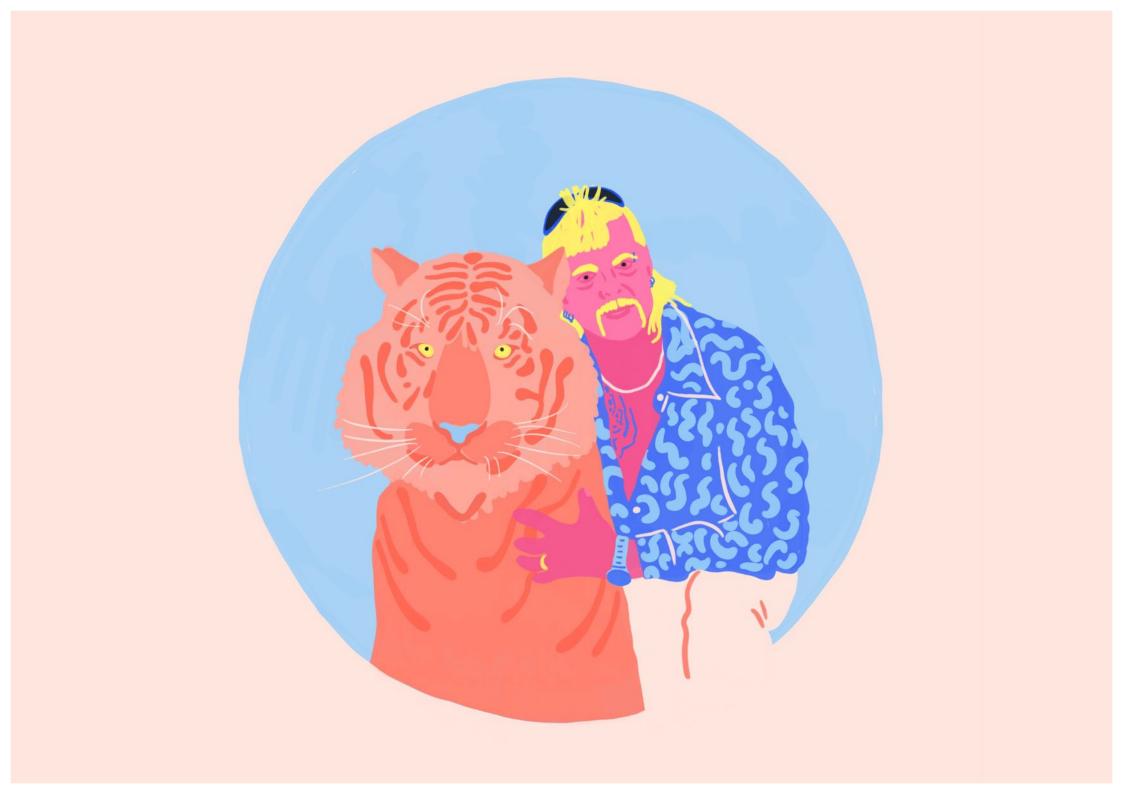




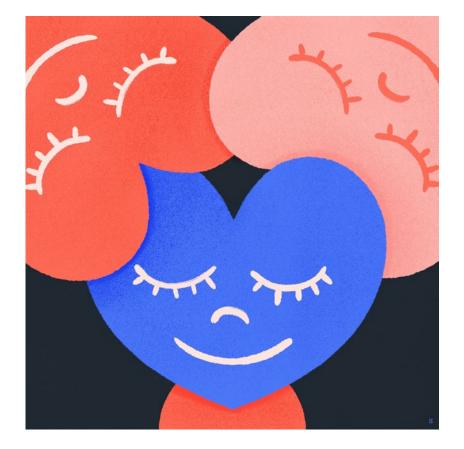
















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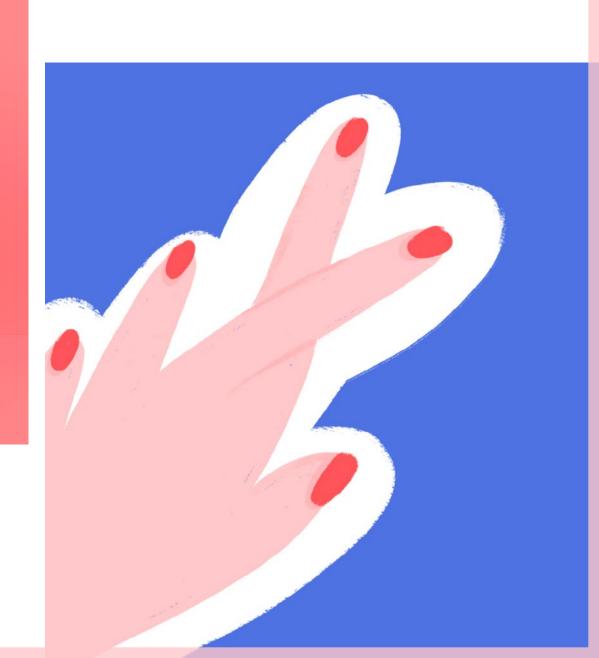


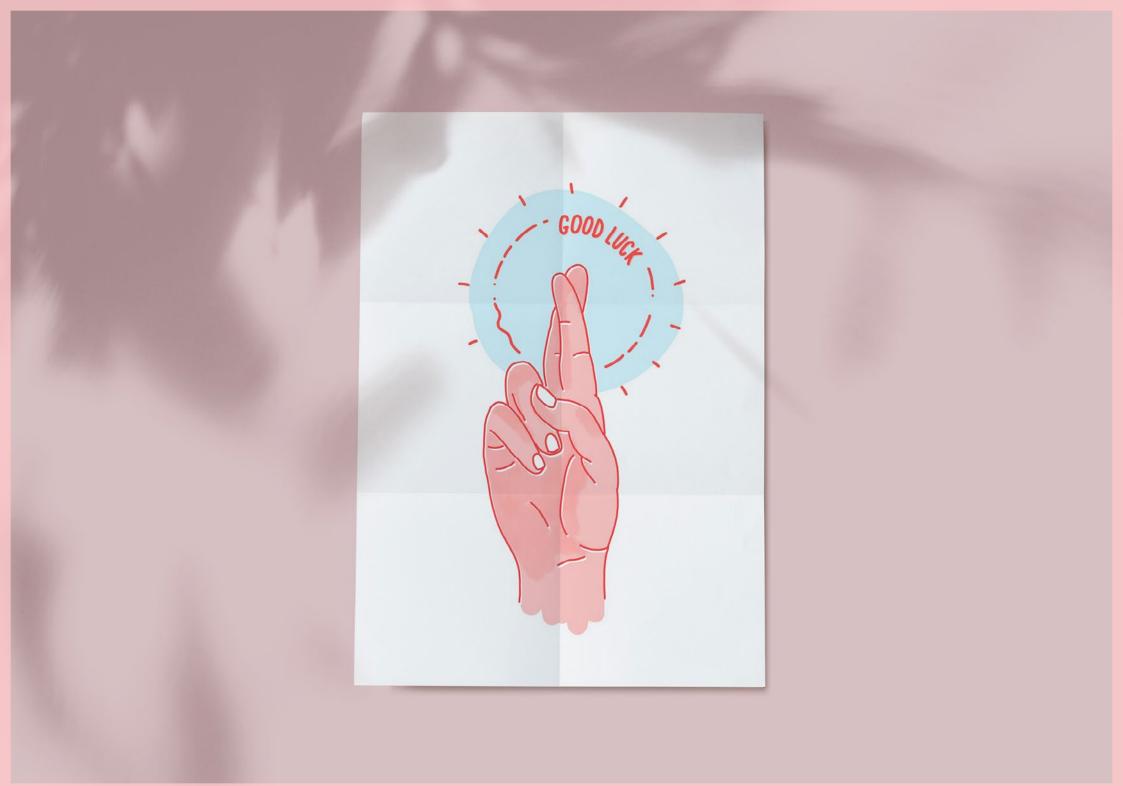




Coupe du monde de Football / 2018









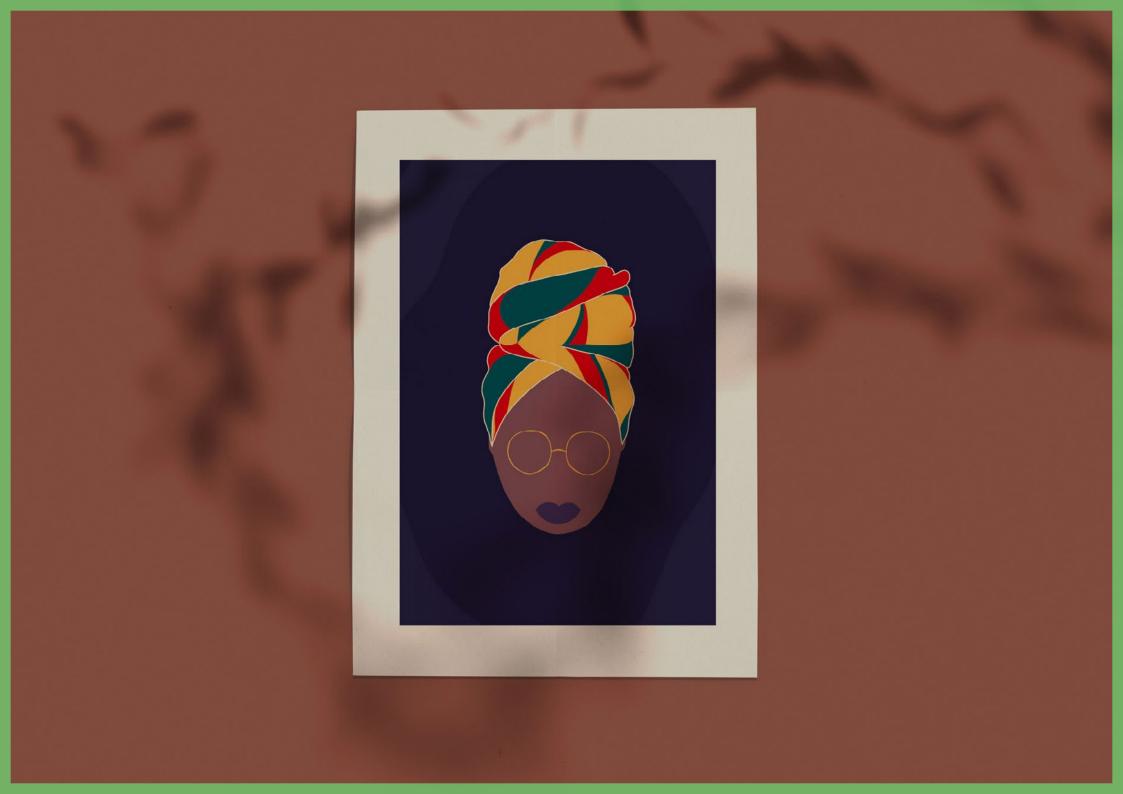
**ET LES PRINCES CHARMANTS** 



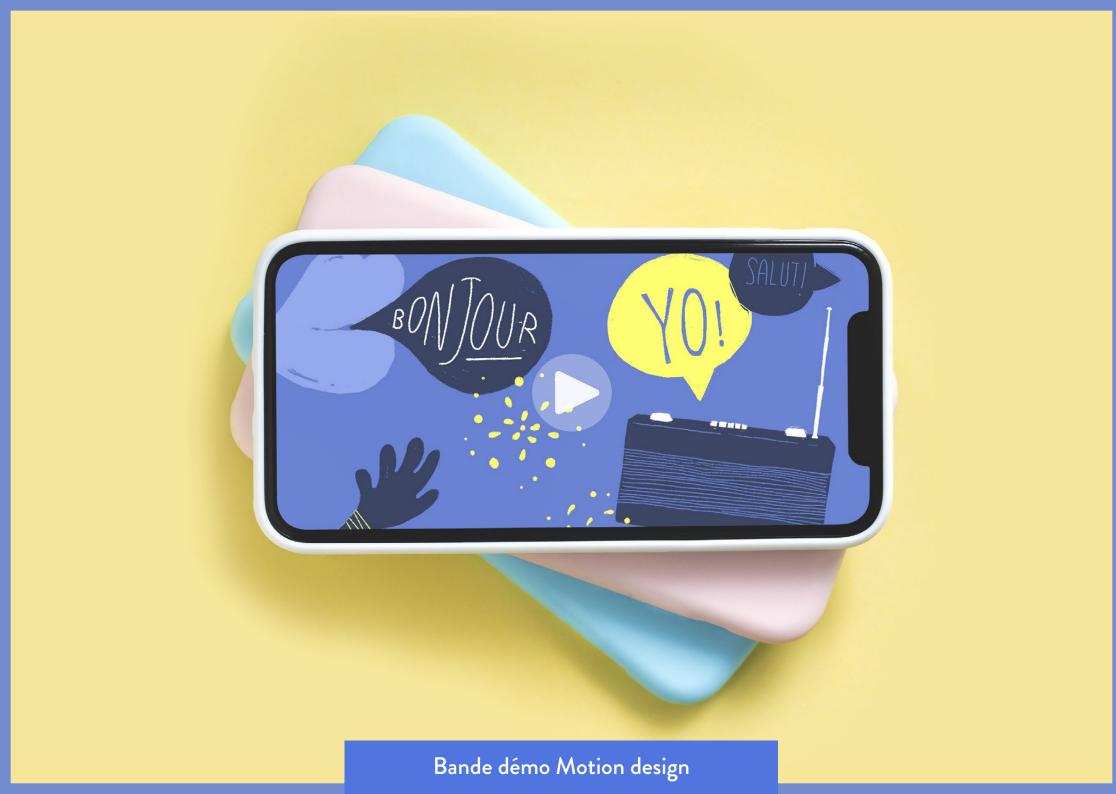








# Animation



# Édition



Amicale Internationale des

Chefs de réception et Sous-

Directeurs des Grand Hôtels

## CONGRESS NORKSHOPS

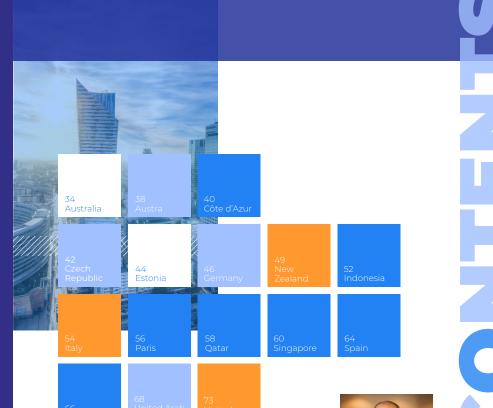
## **SOCIAL MEDIA MARKETING** Why It Is So Important?

Emotional Intelligence & Your Well Being

Managing High Conflic Situations & Discussions

Managing Successfully Across Cultures





## 4 Congress Workshops

- 28 Kerstin Oelckers celebrating 20 years supporting the David Campbell Trophy
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Editor Olivier Bigot



Editor Duncan Couper

# WHY THE HUMAN TOUCH **O TRAINING YOUR STAFF!**

## BY DOUG KENNEDY ACCOMNEWS **AUSTRALIA**



Much of the attention paid to online learning for staff loses sight of the human experience that hoteliers strive to give their guests.

In the ever-competitive world of hotel branding. CEO-level leaders continue to look for ways to differentiate their brands. Yet as soon as an innovative amenity, new loyalty program feature or web widget is launched, other brands catch up.

In recent years, it seems the focus has turned back to personalisation of guest experiences as a differentiator. Yet, the focus seems to be mostly on personalisation through systems, data-mining, automation and artificial intelligence. It seems to me that too many hoteliers have lost focus on the fact that we are in the human travel experience business, not the room rental business. The corporate level obsession with automation over human engagement has spilled over even to the training and development divisions. Based on my observations, most brand-sponsored training is now delivered via online learning. I guess this is partly driven by economics, as the perception is these mediums cut costs and save time. But I suspect another major driver is that leaders believe this is the best way to reach today's hotel workers. More than once, I have personally heard corporate-level learning and development people say: "We need to dummydown the training into soundbites" or "those millennials have short attention spans ..." or "we need to do it in a smartphone app so people will actually use it."

Now don't get me wrong, I still am and always have been a huge advocate for eLearning. online and remote training. I continue to embrace online training and will continue to innovate with remote training methodology as emerging technologies enable us to do so. That being said. I think it is a huge mistake that too many hotel brands have moved almost entirely away from offering any traditional training for the majority of their colleagues. Oh sure, there are still educational break-out sessions at brand conferences, GM and marketing conferences and industry association events. But when it comes down to developing those who have the greatest impact on guest experiences the front line staff - and developing those who are the future of the industry - the first level supervisors and assistant managers - most brands and management companies are doing little if any traditional workshop-style training.

## From what I see, the only traditional training taking place these days is limited to:

/ new-hire orientation training;

/training legally required by regulations (sexual harassment, safe serving of alcohol, food safety); and

/stand-up/pre-shift meetings that are too often poorly lead by supervisors who have never been exposed to proper training methodologies.

Yes, you can educate someone online, and it may be the best method of teaching systems and processes (such as how to use a property management system, central reservations system or revenue management system), but it is impossible to inspire and to mentor. It is /Partner with your competitors. During my difficult to teach soft-skills such as sales and hospitality excellence.

That being said, I should recognise the wisdom of the many hoteliers who still highly value traditional training, though they are an increasing minority. It is no coincidence that these hotels, more often than not, are at the top of their game. If you are looking to get your brand, Management Company or individual hotel back in the game of traditional hotel training, here are some tips:

/Schedule "cluster" training. Most training companies charge per day, not per person. You can split costs with sister hotels in an area or region, thus making it a negligible expense.

/ CEO-level leaders should schedule cluster training on a regular basis, rotating topics and outside trainers to keep it fresh.

/Individual hoteliers can reach out on their own to the leaders of sister hotels. or work with your brand's regional franchise groups.

/ If not part of a brand, work with leaders of local tourism associations (hotel associations. destination marketing groups, visitor information centres and chambers of commerce).

training career. I have often seen hoteliers coordinate plans for training with their direct competitors, understanding the old adage that "The rising tide raises all boats."

/ Finally, if you are having a hard time convincing ownership to invest the money, do a simple return on investment (ROI) study. For sales training, calculate the value of just one new sale, and divide the total investment by this number so show how even a small bump in conversions generates an ROI many times over. Similarly, for hospitality-related training. calculate the average revenue spend per guest, divide the investment by that number, and then ask:

/What is the cost if we lose a repeat booking when service falls short?

/What is the benefit when we gain a new booking from a referral or social media posting?

/ How many potential quests will read a quest review? How much do we currently pay for "pay-per-click" search engine optimisation?

Written by **Doug Kennedy** extracted from www.accomnews.com.au

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## **Celebrating 20 years of AICR** and David Campbell Trophy 1999-2019

## Educator, Mentor, consultant in Hospitality **Business education and Training.**

Congratulations to Kerstin Oelckers for a very special milestone as we celebrate 20 years of her services, friendship and dedication to AICR. Kerstin's professional background is hospitality business operations, management, education, training, consultancy and project work. Kerstin became an international honorary AICR member in 2014.

Being introduced to AICR International in 1995 Kerstin took part in her first international competition in 1999 in Singapore. From 2002 Kerstin was a member of the international jury panel for the David Campbell Trophy. During the presidency of Alphonso D'Conciecao she accepted the role of International Chief Judge, which she continued until 2014 inclusive. Kerstin also took on the role of Chief Judge for the first Australian AICR section in 2008 & 2009 and resumed that role when re-joining the renewed AICR Australia section in 2016.

Looking back on her very early AICR impressions Kerstin valued its focus on true five star, international service and application to business. From those first impressions Kerstin particularly remembers Jane Renton & David Cowdery who truly embodied these principles leaving long-lasting impressions. Reflecting on her overall involvement with AICR Kerstin expressed pleasure of having served with four inspirational international presidents, Klaus Kabelitz, Michael J Stenner, Alphonso D'Conciecao and Darin Davies. Equally she was delighted to work with three inspirational Australian presidents, Steven West, Sevag Keroghlian and Leon Yogaraj, Kerstin considers it a privilege to work and collaborate with a wide range of like-minded professionals (too many to mention!) in the pursuit of quality. She is also full of admiration for all the candidates who compete. It is not only the candidates who learn from the competition - jury panel members and role-play actors benefit equally and are often left in awe by candidates.

We congratulate Kerstin on this milestone and celebrate her continued services and dedication to the AICR!

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Receptionist of the Year

# MIDYEAR

## Committee meeting in Warsaw

The International Committee had a very constructive meeting about the 2020 Congress. We also had the chance to socialise with the Polish AICR members thanks to Marcin Galaska

As a committee, we strongly believe that there is a need to rely on stronger sections with effective action plans; this is the only way we can reach our ambitions. Membership growth is key, providing that we, as an association we provide a very dynamic network. There is a need to relook at our standard operating process.

## Main topic of the agenda

- / Membership growth
- / Sections reviews
- /International memberships
- / New section development
- /International committee succession plan
- / Leadership certification programme and its constant development
- / Websites reviews and updates

## WARSAW July / 26th to 28th

|                | <b>2018</b><br>Total members<br>Mid Year |
|----------------|------------------------------------------|
| Australia      | 16                                       |
| Austria        | 54                                       |
| Cote d'Azur    | 45                                       |
| Czech Republic | 30                                       |
| Estonia        | 27                                       |
| Germany        | 74                                       |
| Italy          | 32                                       |
| New Zealand    | 5                                        |
| Qatar          | 39                                       |
| Paris          | 71                                       |
| Poland         | 29                                       |
| Singapore      | 146                                      |
| Spain          | 15                                       |
| Switzerland    | 178                                      |
| UAE            | 57                                       |
| UK             | 202                                      |
| Int. Member    | 1                                        |
|                | 1021                                     |



# GERMANY GERMAN SECTION UPDATE



This was followed up by a variety of interesting regional events: AICR Germany enjoyed a Bavarian tapas restaurant in Munich in March with successful recruitment of new and dynamic members, followed by the Annual General Meeting in Frankfurt in July. AICR Germany enjoyed wonderful events and fruitful meetings at the Radisson Blu Frankfurt and Rocco Forte Villa Kennedy and elected the new President. Arian Roehrle (Mandarin Oriental Munich) took over Miriam Ziemer after 4 years in this role. Thank you Miriam for your leadership of the section.

t has been an exciting year for AICR Germany. The year begun with a big success and Marcel Siriwardena's 1st runner up placement in the 2019 David Campbell Trophy – in association with Gold Key Media. This talented 21-year-old and representative of Mandarin Oriental Munich did us so proud, since it was the biggest success for the German section in 24 years!



AICR Germany are proud of Thilo Riemann, Alex Sichwardt and Markus Berghofen, who can call themselves certified leaders after finishing their AICR Leadership Certification studies, and we already found our scholarship candidate for next year's LC in Lina-Marie Buß (Mandarin Oriental Munich).



We wish Sascha the best of luck for the 2020 David Campbell Trophy – in association with Cold Key Media, and we look forward to an exciting year ahead, including spectacular events at Europapark Rust and Brenner's Park-Hotel & SPA, as well as other interesting projects and an expanding AICR network.

WATCH OUT, DEAR AMICA-LISTS!



This year, AICR Germany had the highest amount of candidates for the Receptionist of the Year competition ever, which started with a video application in September, and ended with a glorious weekend at Seehotel Schlierseer Hof in Schliersee and Mandarin Oriental Munich, where the winner, Sascha Haiss (Brenner's Park-Hotel & SPA) was awarded as the winner.



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In October, Eike Gethmann (member of the German AICR committee) opened the doors of his Fährhaus Koblenz for a Junior Event, which again increased the number of new and fresh AICR members from the Rhine region, whilst the AICR members in Munich enjoyed an evening at Hotel Vier Jahreszeiten Kempinski Munich, followed by a variety show hosted by GOP Varieté.

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Magazine AICR / 2019



#### WEDNESDAY 23<sup>RD</sup> JANUARY 2019

*Kimpton Fitzroy Hotel, Russell Square* Registration of delegates arriving as part of the 4 night programme

#### PM • 2019 David Campbell Trophy Candidates Workshop, in association with Gold Key Media

#### **PM** • Educational workshop

Innholders Hall - the historic home of the City of London's Worshipful Company of Innholders, Royal Charter signed by King Henry VIII in 1514

## Past Presidents Dinner

#### 2019 David Campbell Trophy Dinner, in associaLon with Gold Key Media for

section Candidates and their Presidents, Judges, Role Players, International Committee and head of organising committee

#### THURSDAY 24TH JANUARY 2019

Kimpton Fitzroy Hotel, Russell Square Registration of delegates arriving as part of the 3 night programme

2019 David Campbell Trophy Competition, in association with Gold Key Media Presidium meeting • Presidents and International committee only

#### A number of **Educational Workshops** for Leadership skills, industry knowledge and continued professional development presented by Lighthouse, STR Global and Aró Digital Strategy

Evening at Tramshed - Mark Hix's restaurant in the heart of the East End's Shoreditch neighbourhood, celebrating British produce and contemporary British art.

Welcome Dinner and official opening ceremony of the AICR International Congress London 2019

## FRIDAY 25<sup>TH</sup> JANUARY 2019

AICR CONGRESS

LONDON 2019

Kimpton Fitzroy Hotel, Russell Square Ballroom and meeting rooms

## The Conference • "Facing the Future"

with keynote speakers, presentations, sponsors showcase, lunch and debate *This house* believes that the future of hospitality is entirely dependent upon embracing the technology revolution

**General Assembly** • attendance by AICR members only

Ballroom of the Kimpton Fitzroy Hotel

#### Burns Night Supper Traditional Scottish celebration of the poet

**Robert Burns,** feasting on Haggis at the dinner followed by a Cèilidh with a live band and Scottish formation dancing

Amicale Internationale des Chefs de Réception et Sous Directeurs des Grands Hôtels

## SATURDAY 26TH JANUARY 2019

#### Westminster Pier

#### Cruise down the Thames on the Viscountess, with a glass of "bubbles" in your hand to Historic Greenwich

Visit the home of the Greenwich Mean Time (GMT), where every place on Earth is measured in terms of its distance east or west from the Greenwich Meridian; explore the markets, museums and historic quirkiness and character of Greenwich

Gibson Hall - A neo-classical former Banking Hall opened in 1865 in the heart of the City of London Gala Dinner and 2019 David Campbell Trophy ceremony, in association with Gold Key Media

#### SUNDAY 27TH JANUARY 2019

Kimpton Fitzroy Hotel, Russell Square

Breakfast at Leisure Individual departures of attendees Wishing everyone a safe journey AMICALEMENT Amicale Internationale des Chefs de Réception et Sous Directeurs des Grands Hôtels

Amicale Internationale des Sous-directeurs et Chefs de Réception des Grand Hôtels

## Board of Directors

#### International President

Oliver Milne-Watson Hotel Manager The Beaumont Hotel, London, UK

## International Treasurer

## Duncan Couper

Assistant Clerk Worshipful Company of Farmers London, UK

## International Secretary

Lilly Freudmayer Cluster Front Office Manager Zabeel House by Jumeirah Al Seef, Zabeel House Mini by Jumeirah & Al Seef Hotel by Jumeirah Dubai

## David Campbell Trophy Co-ordinator

Arian Röhrle Rooms Division Manager Mandarin Oriental Munich Germany

## Educational Secretary

**Doris Schwartz** Experience Manager at the Sacher Hotel Wien Austria

## International Counsellor Olivier Bigot

General Manager, Dolce Hotel, Chantilly, France

International Chief Judge David Campbell Trophy AICR International Network Developer

## Egidio Marcato

Coach (Reception) Switzerland World Skills



## Team WorldSkills France Selection Process **WorldSkills Competition**

ecently, the WorldSkills France National Finals took place from 28-Nov. to 1-Dec. in Caen, Normandy. The event gathered 650 competitors in 57 skills for three

Immediately following the competition, the gold and silver medallists were shortlisted and gathered for a preliminary brief on the next steps of the process. At stake is potentially a berth with the World-Skills France Team that will take part in the World-Skills Competition in Kazan, Russia next August.

days of competition, attracting 70,000 visitors.

The WorldSkills Competition takes place every two years and gathers for 4 days of competition some 1,500 competitors. Aged under 23, they are the best young professionals in their skill. Approximately 50-60 skills are presented, and the event attracts some 200 000 visitors. WorldSkills Competitions are the gold standard of skills excellence and inspire competitors to reach new heights, turning their passion into a profession and developing personal and workplace skills that are relevant and sought after in today's economies.

The shortlisted candidates now start a sixmonth preparation on the road to WSC Kazan which includes:

**KAZAN** 2019

22-27

August

#### 5 to 8 weeks of technical preparation

#### 2 weeks of physical and mental preparation

#### 1 international training experience abroad

Gold and silver medallists of the David Campell Junior Trophy Eugenie LEDENT and Pierre MAHON that took place last Sunday 8-Dec in Paris, France, will integrate the pool of shortlisted candidates and join the WorldSkills France Team preparations.

The experience promises to be even more unique as one of them will be the first ever competitor to contend for France in the Hotel Reception skill at the next WorldSkills Competition in Kazan!

WorldSkills France is extremely excited to welcome them, along with Expert Bruno LANVIN, to the team and we wish them all the best for the new adventures to come.

## Stay tuned for the announcement on the composition of Team WorldSkills France for WSC Kazan 2019 on 17 February, 2019!

For more information on WorldSkills France: http://www.worldskills-france.org For more information on WSC Kazan 2019: https://worldskills2019.com/en/event/skills/ For more information on the WorldSkills movement and national members: https://www.worldskills.org

## By taking part in WorldSkills Competitions, COMPETITORS:

- Experience intense and unforgettable moments
- Meet people from all backgrounds
- Acquire new skills
- Become more confident
- Expand professional networks and contacts
- Get noticed by recruiters
- Start a career internationally
- Are recognized as the best professionals in their field



#### COMPANIES and ECONOMIES are also able to recruit candidates that rapidly integrate and add value to their teams and business boosting productivity.

- Soft skills & personal development
- N Professionalism
- Accountability
- Adaptability and flexibility
- Work ethics and self-motivation
- Workplace skills & professional development Communication and interpersonal skills Autonomy and decision-making
- Teamwork



## Valentina Ventura

## **2018** David Campbell Trophy winner

 he passion for the hospitality was something that has accompanied me since I was a child.
 My mother used to work for many years as a chambermaid in a hotel in Rome.

Although today may seem absurd, but more than 20 years ago, it happened that when I was not going to school my mother used to bring me to work with her. I was feeling very important because I was helping my mother, in my own way, to make the beds.

But I remember very well what fascinated me the most, was to see these well-dressed adults behind a very high counter talking in incomprehensible languages (to me ) with many different people. It happened that I spent hours listening to them sitting on a couch with my coloring book.

After the high school, at the age of 19, I did a receptionist course in London at the Reception Academy and from that moment I started working in the hospitality industry. After the experience of working in London I decided to return to my beloved Rome and continue this journey in the city that has seen me born and grow.

I believe that being a hotel receptionist is not only to do a check in, handover a key and resolve complaints, but I think it is also the opportunity every day to connect people with different cultures and traditions and proudly show them our cultures and our traditions. What I like most is to let my guests live a special stay and make them fall in love as much as I do in my city. Rome.

As soon as my Reception Manager became a member of the AICR she immediately made me a part of it.

The first thing she did was showing me a video where they explained the stages of the competition. I immediately considered it a beautiful competition but not for my level. However, she has always believed in me and my potential, convincing me that I could do it.

Thanks to her support, I decided to start this new journey. It is one of the best choices I have ever made.

Almost all my days off before the Italian competition, were used to study and play different scenarios.

I received a lot of help from my Reception Manager, who spent time inventing the most absurd role-plays, correcting me and helping me to improve the way of dealing with difficult situations.

I really have to admit that it was mentally tiring but, every single minute of the preparation for the competition was well spent.

On November 2017, few days before my birthday, I received one of the best presents ever, I have been nominated Best Italian Receptionist of the Year.

Without even realizing it, time flew very quickly to January.

The first two days in Zurich were fun but also very hard. As soon as I met the other receptionists, I immediately realized that I would not make it, considering their very high level. I then promised myself to give my best and try to live in a unique way these four days.

After the difficult part, the remaining days were a succession of laughter, fun and meeting all the AICR members.

With the other candidates we immediately created a joyful and friendly atmosphere, which led us enjoy this magnificent experience that was happening to us in a natural and loyal way.

During the Gala night something magic and unbelievable happened to me. I received the David Campbell Trophy and I have been awarded the Receptionist of the Year.

It was a real honor for me to bring this victory for the first time in Italy.

Having compared and won against the best receptionist of each different countries makes me truly proud of myself.

During those four days I have learnt something that is very important.

The principle of an Amicale, is a principle of sharing, friendship and learning.

I will always be grateful to my family, my friends, all the AICR Italian members, all the AICR International members, my colleagues and my managers, for being always present and for showing me their support every single minute of that journey.

I would like to take this opportunity to encourage anyone to take part of the national competitions, so that they can have the opportunity to participate in this magnificent annual event.

The chance to meet new colleagues from other parts of the world and still be in touch with them even after the competition is something exceptional.

But above all, the possibility of living a dream for a year is something priceless and unrepeatable.

I'm looking forward to meet the new candidates and I wish to all of them a good luck!

See you in London, Ciao!

#### Valentina Ventura

Crowne Plaza London Ealing (Receptionist - Shift Leader) Hotel dei Mellini (Receptionist - Concierge - Reservation Agent) InterContinenal De La Ville (Receptionist) Aldrovandi Villa Borghese (Receptionist) to date

## **PÔLE** INGÉNIERIE ÉTUDE & DÉVELOPPEMENT



## WEB/IT

Sites web, ecommerce, CMS, RSE, portail et plateforme collaborative

Architectures SOA, communication inter-applicatives (web services, ESB)

## DEVOPS

CONFIGURATION

DÉPLOIEMENT

MONITORING

VERSIONNING

TDD/BDD

## FE/MOBILITÉ

Design Intégration

d'application mobiles

de sites en HTML !

Solutions BI Mobile

## **AGILITÉ** (SCRUM, KANBAN)

DIAGNOSTIC Étude du contexte et des enjeux métier FORMATION Individuelle et collective

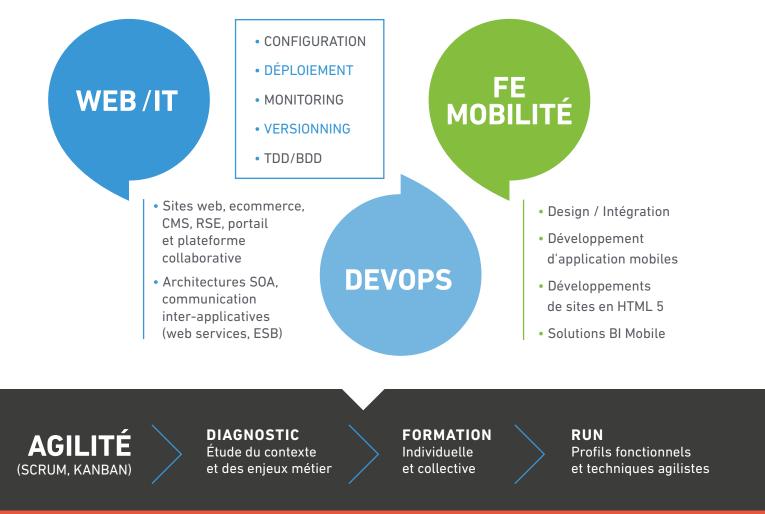
**RUN** Profils fonctionnels et techniques agilistes

RONT-END • HTML5, Javascript, CSS3, Jquery, EXTJS, • J2EE, LAMP NodeJS, AngularJS, • ASP.net, WCF, WPF, C# bootsrap... LOBILITY NORTH • Linux, GIT, Jenkins, • OS : Iphone, Android, Prizoos RIM, WindwsMobile selenium, Sonar, • Object C, J2ME TDD/BDD, Puppet, • Framework : Maven, Gradle, Nginx, MVC Ruby MongoDB, Cassandra, Cacti...

<sup>66</sup>You can't improve what you don't measure, and generally, whatever you measure ... Improves "

HP Motto







# MAMAN SEREINE

fabienne Qulard

Guide d'accompagnement « **Maman Sereine** »





# INTRODUCTION

Ce Guide est un ensemble de Fiches Pratiques. Il y a très peu de Blabla. Il te permet de passer à l'action immédiatement !

#### Par où commencer ?

- S Remplir les deux questionnaires Se connaître soi-même.
- Noter ou retenir les résultats obtenus.
- Créer un dossier papier ou numérique avec les différentes Fiches Pratiques.
- N'imprimer ou ne sauvegarder que les Fiches qui te concernent.
- Mettre en place les nouvelles habitudes quotidiennes au fur et à mesure.
- Intégrer une nouvelle habitude toutes les 3 semaines environ afin que la précédente soit déjà bien installée dans le quotidien.
- Mettre en place un calendrier avec des plages horaires réservées à certaines pratiques pour toi et d'autres pour ton enfant (yoga, massage, etc).
- Prendre du plaisir à utiliser les outils. Si certains ne t'inspirent pas, passe au suivant.





INE

### MANIFESTE À AFFICHER

J'aime mes enfants. Je suis mon cœur quant à leur éducation. Je suis mon intuition quant à la transmission. Je ne suis pas parfaite et tant mieux. Je fais de mon mieux. J'apprends. Grâce à mes enfants, je retrouve moi aussi mes yeux d'enfants. J'observe un papillon et le regarde avec émerveillement. Je n'oublie pas l'enfant qui sommeille en moi. Je ne suis pas un mouton. Mes enfants ne sont pas faits pour rentrer dans un moule et devenir monsieur tout le monde. Et moi non plus. Je n'écoute pas les gens qui me dictent comment je dois m'y prendre, sauf si ce qui est dit, résonne en moi. Je me respecte et je m'aime. J'écoute ma vérité, celle dictée par mon cœur. Mes enfants sont géniaux et m'enseignent tous les jours. Ce que je vis, c'est l'école de la vie. J'en sortirai plus grande et plus forte. Derrière, chaque épreuve, il y a une leçon à apprendre. Mes enfants sont de grands professeurs. Je prends leur enseignement avec humilité. Je suis une mère. Je suis une femme. Je suis une âme. Et surtout,

je suis...







### L'ŒIL DE L'EXPERT Docteur Françoise ROUDIL Dermatologue



Toute effraction épidermique de la peau présente une barrière cutanée endommagée. Plusieurs circonstances de survenue sont à considérer :

- + Des facteurs externes irritants comme le froid, la sécheresse
- + Des traumatismes ponctuels (brûlures, coupures, éraflures...)
- Un contexte de fragilité constitutionnelle comme l'eczéma se traduisant par des gerçures, sur les mains ou les lèvres, dartres, perlèche au niveau des commissures
- Ou la conséquence d'une intervention dermatologique comme l'ablation d'une verrue par cryothérapie, le laser, le peeling, la petite chirurgie,...

#### La prescription d'une crème réparatrice optimise le temps et les conditions d'une bonne cicatrisation.

La crème **Topicrem CICA** associe les actifs nécessaires, apaisants (le bisabolo), antibactérien (gluconates de zinc et cuivre), hydratant (glycérine et cire d'abeille) et réparateur (l'acide hyaluronique de bas poids moléculaire).

La particularité de **Topicrem CICA** est la stimulation de l'activité des fibroblastes, permettant une réparation plus rapide. Cette crème s'inscrit dans la continuité de l'innocuité, de la sécurité de la gamme **Topicrem** et peut être utilisée sur la peau et les muqueuses\* et à tous les âges du nourrisson à l'adulte.



\*Muqueuses externes uniquement







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trée Avec tous les ingrédients

pour nous saisir et nous séduire.

Découverte, séduction, étonne-

ment, stupeur, méfiance... L'his-

toire d'une ville où plusieurs

époques semblent cohabiter. Où

l'âne et sa charrette peuvent croi-

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#### Parfois oppressante mais toujours passionnante, Marrakech est une rencontre

à s'offrir...

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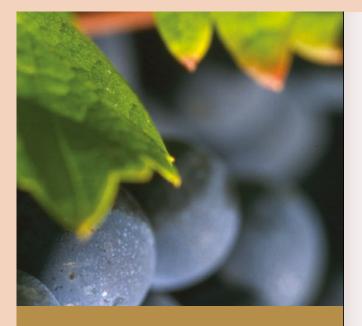
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Entrer dans la médina est comme decouvrir les premieres lignes d'une histoire. Une histoire illustée...

# Assalaam



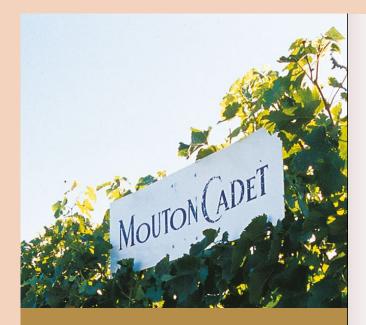
### SOMMAIRE



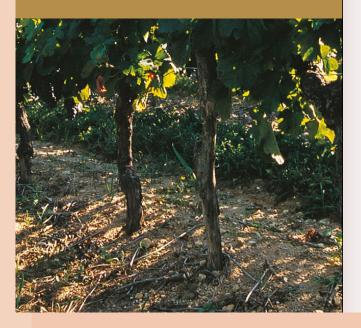




Dossier de presse *Mouton Cadet* 



#### UNE ENTREPRISE FAMILIALE AUDACIEUSE ET EXIGEANTE







#### Mouton Cadet, l'héritage du Baron Philippe de Rothschild.

Le Baron Philippe de Rothschild (1902-1988) était avant tout un aventurier passionné, curieux, découvreur de nouveaux horizons. Son amour du vin le conduit partout dans le monde, à une époque où le voyage tenait davantage de l'aventure, toujours à l'avant-garde. Il a seulement 20 ans lorsqu'il prend en main les destinées du Château Mouton Rothschild en 1922, et apporte dès le début une couleur innovante à l'entreprise. En tant que cadet de sa propre famille, le Baron Philippe eut l'idée en 1930 de créer le petit frère du grand cru Mouton Rothschild à partir de cépages issus du même terroir. Il présenta ce vin sous le nom de Mouton Cadet et c'est ainsi que la marque vit le jour.



#### UN SAVOIR-FAIRE TRADITIONNEL EMPREINT DE MODERNITÉ





#### LES VINS MOUTON CADET

Depuis 1930, exigence et audace font la renommée de Mouton Cadet : le fruit d'une nature généreuse et du travail des hommes, issu de la rencontre entre un terroir d'exception et la passion du Baron Philippe de Rothschild. Mouton Cadet a toujours su, au fil des ans, manier qualité, prestige et savoir-faire pour donner un vin expressif et séduisant. Aujourd'hui, Mouton Cadet est la référence française des vins de Bordeaux d'Appellation d'Origine Contrôlée dans le monde.

#### Une grande exigence de la vigne à la bouteille

Les œnologues de Baron Philippe de Rothschild travaillent avec 450 vignerons partenaires. Pour préserver l'intégrité d'un raisin mûr, sain et de grande qualité, ils partagent ensemble un cahier des charges où toutes les opérations de suivi de la vigne sont définies : taille, vendange en vert, dégustation des baies, tests en laboratoire, vendanges à pleine maturité.

Vinifiée séparément sous le contrôle quotidien des œnologues de Baron Philippe de Rothschild à toutes les étapes, chaque parcelle de vigne conserve la diversité et la personnalité de son terroir. Une macération pré-fermentaire de 4 à 10 jours pour le vin rouge, permet d'obtenir un vin plus fruité, caractéristique du style final de Mouton Cadet.

Véritable art, l'assemblage clôture l'élaboration du vin et consiste à sélectionner parmi les vins bruts, ceux qui entreront dans l'assemblage final de Mouton Cadet. Les œnologues de Baron Philippe de Rothschild relèvent chaque année le même défi : retrouver l'équilibre du vin entre son fruité, sa fraîcheur, sa structure et sa rondeur.



#### MOUTON CADET, UN PLAISIR RAFFINÉ POUR TOUS



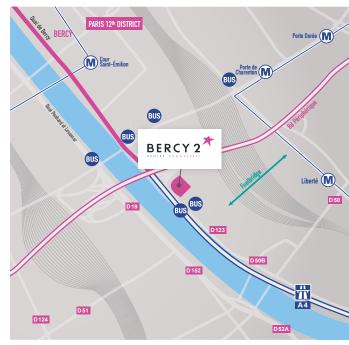


Mouton Cadet a toujours su, au fil des ans, s'adapter aux tendances de consommation tout en restant cohérent grâce à son savoir-faire, la constance de sa qualité, son élégance et à la finesse de son style.



consommation traditionnelle entre amis ou en famille.









At the intersection of three main roads

✤ Boulevard périphérique most important traffic in France with 250 000 vehicles a day

★ A4 highway

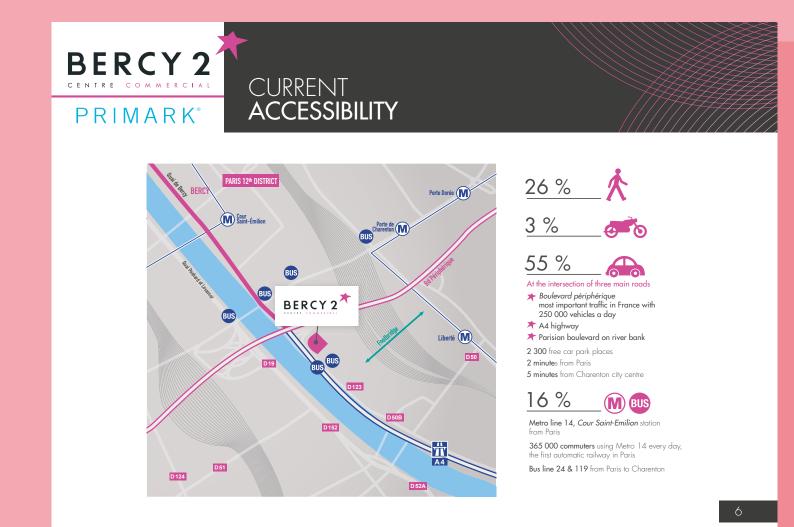
★ Parisian boulevard on river bank

2 300 free car park places2 minutes from Paris5 minutes from Charenton city centre



Metro line 14, Cour Saint-Emilion station from Paris

365 000 commuters using Metro 14 every day, the first automatic railway in Paris Bus line 24 & 119 from Paris to Charenton



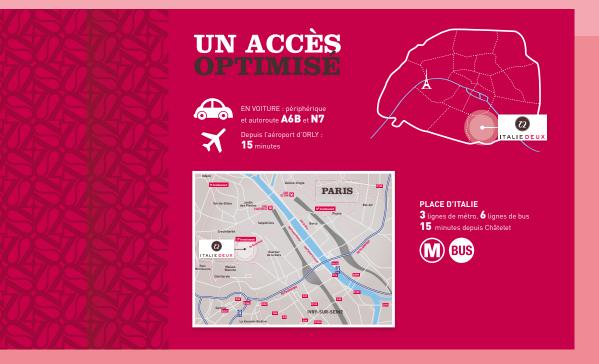
Brochure commerciale Italie deux





# **INFOS ET** CHIFFRES CLES

- Situé au coeur de PARIS (13<sup>ème</sup> arrondissement)
  130 boutiques, 56 800 m² GLA
  3 niveaux de commerce
  1 500 places de parking
  Construit en 1976, programme de rénovation 2012 en cours
  Locomotives : Printemps, Fnac, Darty, Carrefour Market
  CA 2011 : 362 ME
  Footfall 2011: 14 million de visiteurs
  Zone d'attractivité : 752 000 habitants
  Accès PLACE D'ITALIE : en voiture ou en transports publics (3 tignes de métro, 6 tignes de bus)
  Propriétaire : HAMMERSON PLC



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