



Sabine Tobback
Facilitator - Coach - Trainer

“Your unique setting for personalized coaching and customized team building.”

Team building in Val Thorens at 2300 m altitude

Together with a team of professionals Sabine Tobback offers team building sessions in Val Thorens, a natural setting and ski resort in the French Alps. These sessions consist of a wide range of indoor and outdoor activities:

- group bonding challenges
- problem solving exercises
- initiative games
- team case studies

Through these practices Sabine aims to improve team performance.

It's not all work and no play

Coaching is mixed with **outings on the slopes** of Val Thorens. Europe's highest ski resort offers you the most spectacular views overlooking the snowy mountains. Our team will take you places you've never been before!



For those who aren't really into skiing Sabine has provided all kinds of other **group activities** and **creative workshops**. This way team members can get to know each other better in another environment.

A selection from the range:

- walking
- swimming
- fitness
- cooking
- art & craft workshops
- wellness treatments

Summer programs are offered as well as Winter programs. In Summer Sabine will take you on a mountain bike ride in the woods of the French Alps, in Winter coaching is alternated with ski outings.

Team Building

Val Thorens

Why Team Building?

Team building is indispensable for a group as employees aren't viewed as individual workers but as members of interdependent teams. The main focus lies on bringing out the best in a group to ensure continuous improvement, open communication and a strong synergy within the team.



As a Management Coach Sabine aims to become your preferred partner for enduring personalized learning solutions that transform teams and their individuals. To achieve these goals she guides people through transformation processes with respect for the team and each team member's personal needs and concerns.

About Sabine

Sabine Tobbach holds a **Master's degree in Economics**, with a specialization in **Corporate Management (EHSAL)**. Supporting her father's **entrepreneurial business** and later working for **ExxonMobil** made her gain extensive experience in organizational development.

Early in 2000, Sabine Tobbach found her own company devoted to People Management: **ST Management**. Her clients are mostly **Fortune 500 companies** with a regional head-quarter based in Europe or the USA.

Sabine is certified in ICF (Professional Certified Coach), MBTI, DISC, Insights, OPQ, Core Qualities, Situational Leadership, Covey, Transactional analysis, NLP, Professional Coaching, Social Styles, Self Coaching, Organizational Constellations, Emotional Intelligence, Mindfulness, Enneagram and Practical Psychology.

Sabine is **trilingual** (Dutch, French and English) and lives partly in Belgium and in France.

Contact Sabine at

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