

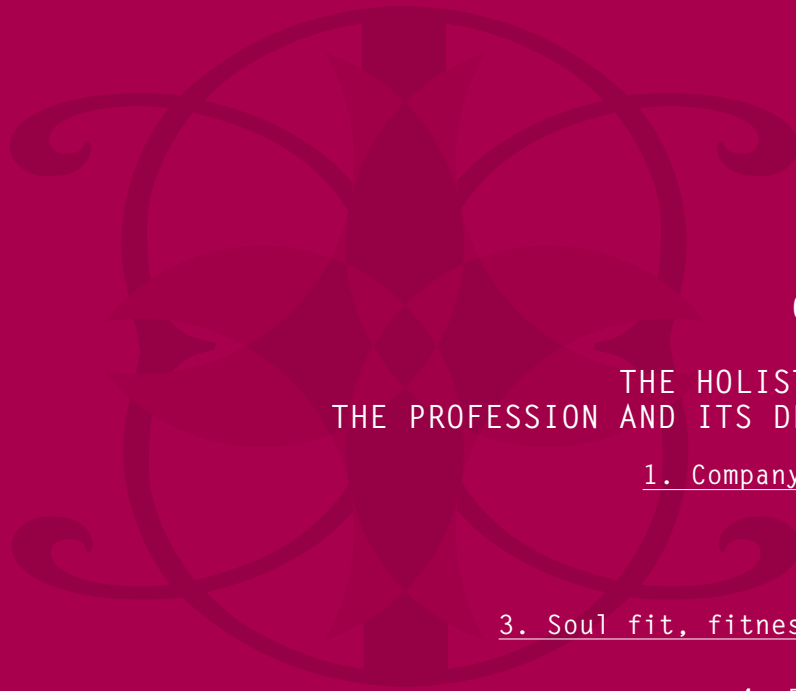


Artemidø
group



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Angela Ricci
Novara 17-11-71, Italy

Soon after her Diploma in Company Management, Marketing and Communication Angela devotes herself to her real passions: alternative therapies, Art and Dance therapy and Energetic Psychology. She becomes Ayurvedic Practitioner and Shiatsu Operator, regularly enrolled at F.I.S. (Italian Shiatsu Federation). She attends many Courses at the Institute RIZA for Psychosomatic Medicine: Psychosomatic, Chromotherapy, Bio-energetic and physical Techniques, Imaginative and Relaxation Techniques, etc. She is an expert in Mandala Therapy, Trance Dance, Holistic Dance and Energetic Psychology techniques.

Emiliano Moroni
Milano 30-10-74, Italy

His character allows him to undertake Studies of Comic and Theater improvisation. He attends Courses of Creative Drama, Comic Therapy and Psycho-drama. He sustains the idea of Entertainment as a form of Therapy and becomes Clown Therapist. After many years of direct experience in the Tourism field, acting as Entertainment Manager, he completes a Training in Family Constellation and Systemic Counseling at Centro Studi Piazza, Milan. He is an expert in Communication and also a Trainer of Tai Chi, Chi Kung, Longevity and Meditation. He is a creative author of texts for Cabaret and Drama, Poems.



who we are

Holistic comes from The Greek Olos: whole, Wholeness of the being, Oneness, connection among body, emotions, mind and true Essence, considering everything as a whole.

Artemide Group is a Company born from a Dream.

Emiliano Moroni and Angela Ricci have been working for years in the Sectors of Tourism, Entertainment, Wellness and Fitness, where they were also suffering from a “stillness”. Apparently everything had already been invented, tested and used in all possible ways.

What was always missing in these domains is the possibility to consider the Person in its wholeness. So far, importance had been given only to the body and the mind: not enough to support the overall balance of the “persona”.

Angela and Emiliano’s idea is born from the desire of:
combining the activities of psycho-physical relaxation, entertainment, body and mind training including a new emotional level, in order to support the person and help him/her to reach a “holistic balance”.

A balance of body, mind, emotions
can offer the possibility to feel an inner
calm, stable and long-lasting.

Relying on their long experience in the various fields mentioned and on their acquired competences, Angela and Emiliano have been working hard to train a new generation of professionals, defined “holistic entertainer”.

They have been attracting a pool of professionals in the various specialties of psycho-physical wellness and completed their Training by inspiring them with their Vision, in order to become true Holistic Entertainers, capable to facilitate the Individuals in their personal growth.

what we do

Artemide Group main concern is all about Training and Consultancy by supplying Professionals - Holistic Trainers - in various fields of application:

- Companies (incentive, team-building, training, convention, coaching)
- Tourism (special weeks, seasonal entertainment)
- Fitness e Wellness (gym, thermal baths, spa) -
- School and social environment (labs and training courses)
- Personal growth (consultancy, seminars, travels)
- Entertainment (shows, events and exhibitions)

our mission

Thanks to its network of professionals, Artemide Group's dream is to spread little drops of awareness, to support people in their self-discovery voyage and to improve their lifestyle. We can offer a great support in:

- Improving interpersonal relations, by enhancing values like Respect and Transparency
- Supporting people in finding their inner Value
- Rediscover the beauty of relations
- Developing co-operation, integrity and unity among people
- Perceiving Success and Happiness as Status of the Soul: there is no need to strive to reach them... only necessary to contact them inside our being





the glistic trainers & the profession applications

1. company application
2. tourism
3. soul-fit fitness & wellness
4. entertainment
5. schools and institutes
6. personal growth, training and travels

The **Holistic Entertainer** is a professional who owns holistic competencies 360° and puts them into action together with high entertaining and coaching skills.

His task is to get in relation with the customer, to ease its relaxation process and rediscover integrity and potentials, enhancing its awareness and self-esteem.

THE HOLISTIC ENTERTAINER acts like a personal trainer, who supports the person through all the levels of its personal growth:

- physical - nutrition, postural exercises, bodywork, etc.
- emotional - trauma-work, conscious breathing, etc.
- mental - counseling, positive thinking, self-esteem etc.
- interpersonal - family constellations, psycho-drama, etc.
- spiritual - meditation, yoga, tai chi, reiki, etc.

All activities suggested convey wellness to the person and its environment and improve its relations within the family and at work.

THE TRAINING PROCESS TO BECOME ONE OF US...

Our holistic professionals have a background in various fields and disciplines: medical, scientific, holistic techniques, fitness and entertainment.

We select our collaborators with a thorough process and certify them with a specific “Holistic training program” in order to complete their performance and (share with them our Vision).

You can find more detailed information on the proposed techniques on our website: www.artemide-group.com

1 company application

companies



The following are possible applications of the Holistic trainer in the BUSINESS area:

- team building outdoor and indoor
- company training
- incentive travels
- one-to-one coaching

Tangible positive results are obtainable on the individual and on the Team, by improving the relations among employees and within the Company departments.

team building

On top of the traditional role played by a Team Builder, the Holistic Trainer takes great care in the emotional side of the participants.

During each activity the Holistic Trainer analyses the deeper aspects of the participants within the group and, eventually, modifies and adapts the flow in order to care and dissolve those emotional blocks which would prevent a smooth development of the work itself.

incentive

I viaggi premio o incentive prevedono differenti tipologie di intervento:

- **Full** - it means that the whole management of the incentive will be cared by Artemide Group.

- **Mid** - the holistic professionals will manage both traditional entertainment activities and holistic entertainment and training.
- **Light** - the co-operation of one or two holistic professionals will be foreseen only to manage complementary activities of well-being.

company training

Company training, managed by holistic professionals, includes traditional topics like Communication, NLP, etc. and more specific holistic techniques, such as:

- **Company Systemic Constellation** - how to manage roles and emotional projections within the company
- **Presence and self awareness** - being centered in the management of any company issue

coaching one to one

It foresees a personalized training, with an effective and constructive approach, in order to reach the highest goals in the job, by enhancing inner values and pros.

The center corresponds to the individual: a good company is made of good individuals. Self conscious collaborators will lead to a valuable company.

The various courses we offer are:

- full immersion weekly courses
- intensive courses of four days
- experimental weekend
- ongoing labs



Artemide Group can offer Holistic professionals, trained specifically to manage entertainment activities in Villages, resorts, cruising ships, hotels and any entertainment organization.

Thanks to our collaborators we can offer innovative activities with added value to our clients.

We manage professional training courses, starting from scratch (ATO certificate) and 'ad hoc' for professionals of various disciplines (TAO certificate).

TAO (Holistic entertainer and trainer)

This path is dedicated only to professionals who already work in the field of Wellness either at physical, energetic or psychological levels, who are willing to complete their training in order to work in the tourism area.

ATO (Holistic entertainer)

This path is suitable to those touristic entertainers who would like to work in this field in a more innovative way. During the Training they will practice both traditional entertainment topics and New format with a holistic approach.

ANIMAZIONE
ENTERTAINMENT

OLISTICA
HOLISTIC

A RE-CREATION THAT HOLDS THE
ATTENTION AMUSEMENT IN ACTION
FEELING INVOLVED

FROM OLOS - WHOLE, ONENESS
OF THE BEING: BODY, MIND,
EMOTION, SOUL

what does the entertainer do on-site?

Holistic entertainers (both ATO and TAO) act on-site in an amusing way, as traditional ones do, but their main goal is to help the clients relaxing and feel more balanced.

- With his own specific program either integrates with traditional entertainment or substitute it completely.
- Manages group sessions during the day: artistic labs, short meditations, dance or gentle gym, self-massage mini-courses, etc. and conducts all these activities with a psychological support to clients.
- Manages Holistic entertainment events in the first or second part of the Evening: Sacred dances, Soul cabaret, awareness games and personal growth.
- Presents the vision of Films or documentaries related to self awareness.
- Manages little exhibitions with the clients, including the setup and show of artistic pieces made by the clients

Specifically about TAO:

- he is available for one-to-one meeting of: energetic balancing, counseling, Reiki, family constellation, relaxation and anti-stress techniques.
- he can offer emotional and psychological support to the Staff within the Village.



special weeks

Our frenetic lifestyle, full of stress and confusion, makes it more and more difficult to relax from the routine. Due to high costs of vacations, it often happens to only rely on '1 week holiday' which is hard to benefit body and mind.

Thanks to TAO and ATO support, and the activities proposed by them, it is easier to relax and feel more harmonious even in one week!

These special weeks convey energy, a new positive attitude, happiness, relaxation, inner peace, awareness and integrity, not only during the vacation but long-lasting after the return home.

TYPICAL DAY FLOW FOR ADULTS AND CHILDREN DURING A SPECIAL WEEK

9.00-10.00 longevità, chi kung, autoshiatsu, respiro consapevole.

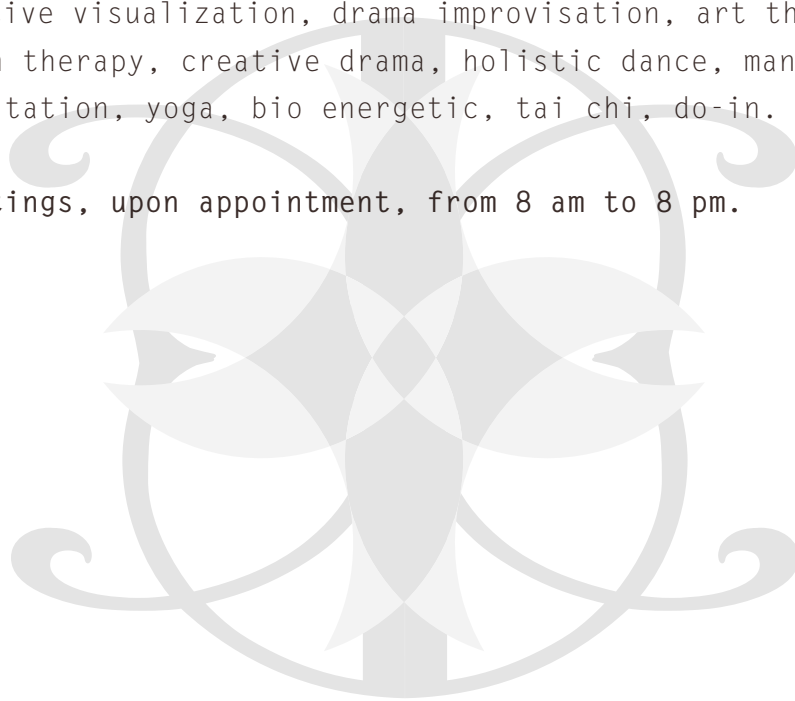
9 -10 am longevity, chi Kong, shiatsu self treatment, conscious breathing

10 -11 am creative visualization, drama improvisation, art therapy (children)

5 - 6 pm clown therapy, creative drama, holistic dance, mandala.

6 - 7 pm meditation, yoga, bio energetic, tai chi, do-in.

One-to-one meetings, upon appointment, from 8 am to 8 pm.



3 soulfit fitness & wellness



Artemide Group also operates at Thermal Sites, SPA, Gym Centers and Sporty Clubs with the Logo 'Soulfit' - Fitness for emotions and mind - by supplying trainers for one-to-one meetings and for Groups.

On top of this, we organize training courses for the Staff of these kind of Companies.

Soulfit is a tool to tone up your body, to slow your mind activity, to free from stress, to eliminate toxins at physical and emotional levels and to improve relations.

SoulFit

sport coaching

For **athletes** we can organize group activities to enhance the Team performances and the personal relations within the Team, by increasing self-esteem and group affiliation.



4 entertainment



Artemide Group can supply you with qualified holistic professionals for parties, private events, birthday celebrations and ceremonies. We can manage a true 'Holistic party'.

What does happen in a holistic party?

Holistic party is a unique, one-time event: from its setup to the catering service, everything is designed to create a peculiar and relaxing atmosphere, to welcome people and make them feel completely at ease.

All the entertainment is studied to make every participant act his/her own 'role' in the play itself.

SOUL CABARET AND SYSTEMIC IMPROVISATION

Sketches and monologues who touch the soul in its depths, to awaken consciousness. Drama improvisation on family themes as well as personal or work environments.

SACRED DANCES, CATHARTIC AND ETHNIC DANCES

Who conduct the participants to the inner sacredness of life, by representing all aspects of inner and outer reality.

MUSIC THERAPY - CONCERTS AND PERFORMANCES

With musical instruments and the use of specific sound frequencies it is possible to harmonize at a deep emotional level the participants.



5 schools and institutes



Holistic training finds its application also in public or private schools , with weekly labs or ad hoc workshops.

These activities can be designed for all ages' students, from day nursery to University, to promote awareness in Education, ethics and fun.

In **Nursery schools** and **Playrooms**, children are invited to develop their fantasy, imagination, creativity and their deep talents, by overcoming their "little fears" and tensions.

In **Primary** and **Secondary schools** we manage creative labs for children and teenagers, weekly. At the end of the year a Show will be realized.

In **Universities** we design training on a one-to-one or group level, to improve interpersonal relations and develop ethics, integrity and co-operation.

We manage **personal growth training courses** for Teachers and Parents, to enhance their awareness and improve their relations.

social

Artemide Group develops projects for all disabled persons (elderly people, disabled, drugs addicted, inmates, etc.) by proposing activities for psycho-physical wellness at one-to-one or group levels.

Holistic trainers can help in reconnecting own trust, self-esteem and inner joy as well as enhancing psycho-physical status of the participants.



6 personal growth paths and travels



INDIVIDUAL PATHS

Thanks to the support of our experts, we can offer ‘ad hoc inner awareness paths’ to all those who wish to let go fears, anxiety, anger and start living their own life at full, feeling in contact with their inner essence and joy.

SEMINARS AND LABS

Training courses and personal growth activities for groups, at public and private organizations.

CONFERENCES

Upon request, we can manage Conferences and Events on specific holistic topics, with the intervention of experts of the preferred disciplines, to enhance inner awareness.

HOLISTIC TRAVELS

These are eco-sustainable travels, missions to go in search of one self, to discover Nature, Ethnic travels for re-discovery of Past Civilizations.





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