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Lise is a certified Trekking guide (Swiss mountain guide association ASGM), Avalanche trainer level 1 & 2, President, rescuer, rescue team leader and canyoning specialist for the Swiss Alpine rescue team 7.10. She is trained in swift water and flood first responses, basic life support and is a AED generic provider. Separately she is a fully qualified diving instructor both in CMAS (Level 2 instructor) and Padi (Staff instructor).

In her mountaineering career she has climbed, amongst others, Chimborazo Ecuador (6300m), Mont-Blanc, France (4810m), Punta Gnifetti Italy (4554m), Matterhorn Switzerland (4478m). Lise has successfully competed in the race "Patrouille des Galciars" (Zermatt-Verbier). She is proud to have accomplished the Haute Route Valaisanne (Chamonix-Zermatt) and Haute Route Bernoise (Les Diablerets-Kandersteg). In the scope of her continued development she is training to be a caving guide and in this context, recently explored the "Gouffre Berger" in France (-1000m).

Lise opened a thriving executive coaching business in 2008 which she has been managing ever since. It is through working with coaching clients that she has been able to bring her extensive outdoor experience to be in harmony with her coaching activities.

She believes in the latent capacity of human beings and that coaching, when paired with outdoor experiential stimulation, is a means of awaking, developing and realizing this capacity. She strongly believes that everyone is responsible for their own success, for what they accomplish in life and their self-fulfillment. Her work has led her to the realization that performance starts with the validation of self, when we experience meaning in what we do.

Lise is enthusiastic about sharing her outdoor passions. She is particularly animated when clients discover the power of the experience in harmony with the metaphoric symbolism of what is going on "inside".

Lise is French mother tongue and speaks fluent English and Spanish.