



Marc-André Langlais

epicoaching.net

I am first and foremost a professional Integral facilitator. What does that mean? In short form it means I have the ability work with...

- *The cultural skills to engage participants at a deeper level*
- *Refined listening ability that tunes into what people are not saying as much as what they are saying*
- *The capability to engage conflict with skill and surface the underlying dynamics and resistance*
- *The ability to facilitate energy levels in the group—increasing it or calming—depending on what most supports efficiency and action*
- *The know-how to navigate complex transformations to change mindsets and make lasting behaviour change*

I believe facilitators have the responsibility to guide groups into more innovative perspectives and deeper more meaningful conversations. What I notice as a facilitator is how difficult it has become for people to communicate openly without any underlying fears . Our conversations have become limited to organizational benefits without the valuable input of the perspectives that outline a deeper truth that serves a bigger purpose.

My purpose is to introduce the power and qualities that Integral facilitation skills bring to conversations, relations and mostly within people.

I have over 15 years of facilitation and coaching experience throughout various domains such as sports, education and the corporate world. As a trained Integral Coach and Integral Facilitator I've had the opportunity to work with international companies such as Global Crossing, PSP and IBM. My experience in sports coaching has allowed me to bring different perspectives to the corporate world and achieve amazing results. I have incorporated a

facilitated self-development approach in my sports programs which have resulted in teams achieving unprecedented results.

My personal achievements include solo-cycling France from Paris to LaRoche and then embarking on a sailboat to cross the Atlantic ocean to Guadeloupe. I have climbed volcanoes, played on a pro-beach volleyball circuit, coached nationally recognized sports programs. I am a software developer, writer, facilitator, coach, trainer, co-founder and very proud father of three children.

- Integral Facilitator Mastery - Evolving World Views certified
- Certified Integral Facilitator
- Certified Integral Coach
- Certified Agile Coach
- Certified SixSigma Black Belt
- Certified Canadian National Level Volleyball Coach
- Diploma in Computer Engineering
- Bachelor in English Literature

