



HÔTEL BEAU RIVAGE  
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## YOUR SEMINARS AT THE HOTEL BEAU RIVAGE

A selection of activities to do inside or outside the hotel for a seminar to remember.

In order to offer you and make you live unforgettable moments, we have selected a wide range of activities that will be the cherry on top of your seminars and delagate day.

We share the same human and professional values with the vendors we have handpicked :

- Cozette la Conciergerie du bien-être : Marion has personally chosen and tested all the vendors she's working with. Main goal: kindness and skills!
- Team Nature : Guillaume, Thomas and their team use their creativity to give your teams the bes memories. Their plus : a real ecological and societal approach certified by the ISO 20121 standard.
- Good Vibes : Carl is in charge of the music in some of the most beautiful places of the French Riviera. His assets : high hand artists selected with great care!

For all your requests, one dedicated contact at the hotel will take care of all aspects of the organisation to let you enjoy these moments peacefully.

Please contact Audrey at +33 4 92 47 82 67 or by email at [groupe@hotelnicebeaurivage.com](mailto:groupe@hotelnicebeaurivage.com)



HÔTEL BEAU RIVAGE

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A group of people are participating in a Pilates or core workout on a wooden deck in a lush garden setting. They are sitting on colorful mats (green, blue, purple, orange) and performing a similar exercise, likely the 'hundred' or a variation, with their legs raised and arms extended. The background is filled with various tropical plants, including palm trees and large potted plants. A golden swan inflatable ring is visible in the background. The overall atmosphere is bright and healthy.

# *YOUR WELL-BEING AND COACHING ACTIVITIES*

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# YOUR ACTIVITIES AT THE HOTEL IN 1 HOUR

## **YOGA CLASS**

You want your team to learn how to let go, to reconnect to their own self, to be in the present and listen to their body? Yoga is what they need.

## **MEDITATION CLASS**

Meditation is the perfect tool to your attention, focus and allow yourself to take a break.

## **LEARNING HOW TO BREATHE**

Breathing exercises to better manage your stress and get your energy back. Stretching exercises to relieve the tensions and let go of your emotions.

## **FACE SELF MASSAGE AND YOGA OF THE EYES**

Specially designed for people working with computers. Goal : to relieve your eyes and the tensions on your face.

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Up to 10 persons- 1 teacher : 270,00 € per class of one hour\*

Between 10 and 16 persons - 2 teachers : 430,00 € per class of one hour\*

\* Privatisation of a room or the hotel's patio and yoga mat rental included

\*\* Possibility to organize an healthy snack at the end of the class at an extra cost

# YOUR GROUP COACHINGS

*From 1h30 to 2 days*

## APPRECIATION AND COMMUNICATION

### Topics:

- Signs of gratitude
- The 5 binding messages : be strong, make people happy, be perfect, hurry up, try
- The 3 states of self : parent, adult, child
- The Karpman triangle: savior, persecutor, victim

### Method :

- Know yourself: individual thinking
- Know what others know about us and that we don't see : one on one conversation, group conversation

### Goals:

- Know yourself and others better through the notion of gratitude
- Change your point of view, strengthen leadership and group cohesion



# YOUR GROUP COACHINGS

From 1h30 to 2 days

## APPRECIATION AND IDENTITY

### Topics:

- Logic : environment, behavior, capacity, believes, values, identity, mission
- Index computations: "I see, I feel, I tell myself"
- "How would it be if..": projection in an ideal situation, modelling persons who have succeeded, circle of excellence
- SCORE method

### Methods:

- Know yourself : individual reflexion
- Know the group's mission : one to one conversation and as a group

### Goals:

- Know yourself and others to neuro linguistic programming
- Succeed in projecting yourself in a leadership position or a common task



## COACHING RATES

	Group of 5 to 12 people	Group of 13 to 30 people
	1 coach	2 coaches
1h30	580,00 €	X
Half-day	1 140,00 €	2 240,00 €
Full day	2 050,00 €	4 100,00 €
2 days	3 400,00 €	6 800,00 €

\* Room hire included

\*\* Possibility to include a coffee break, supplement charges apply

An aerial photograph of a coastal city, likely Nice, France. The city is built on a hillside, with a dense collection of buildings in various colors, including red, yellow, and white. A long, sandy beach runs along the coast, with the blue sea to the left. In the foreground, there are green leaves and branches, suggesting the photo was taken from an elevated position. The text 'YOUR TEAM BUILDING ACTIVITIES' is overlaid in white, italicized font on the left side of the image.

*YOUR TEAM BUILDING  
ACTIVITIES*

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## YOUR TEAM BUILDING ACTIVITIES



### TEAM N GO

Thanks to a specially designed app and an Ipad mini, you discover Nice in a fun way. Succeed in a wide range of challenges : photo, cultural questions, videos and try to win the maximum number of points you can.

Included :

- 1 ipad per team
- A tasting stop
- Snacks
- Qualified coordinators and activity leaders
- Tailor-made questions

From 50,00 € per person - tailor-made quote upon request

## YOUR TEAM BUILDING ACTIVITIES

### TEAM VS WILD

Immerse your team in a natural and safe environment with a special team to allow everyone to reveal their true self : how to light a fire, be warm, take shelter, drink pure water. Welcome to Survivor!

Included :

- 1 guide per team of 8 persons
- Snacks
- All the needed equipment
- Qualified coordinators and activity leaders

From 115,00 € per person – tailor made quote upon request

## YOUR TEAM BUILDING ACTIVITIES

### THE ECO-MOTIVE

Made with 100% of renewable materials, the Eco-Motive is a creative and sporty challenge

As a team, you pick-up every part of your eco-motive to build the hardest and most original human powered car possible. Once done, you race the other teams to win the trophy!

Included :

- Snacks
- All the needed equipment
- Qualified coordinator and activity leaders

From 105,00 € per person – tailor-made quote upon request



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TEAM NATURE  
CRÉATEUR ENGAGÉ

## YOUR TEAM BUILDING ACTIVITIES

### TEAM OUT

Inspired by the notorious escape games, try to solve, as a team, the different enigmas that are presented to you. Be careful clock is ticking!

Included :

- Snacks
- All the needed equipment
- Qualified coordinator and activity leaders
- Tailor-made scenario
- Increase reality

Not included :

- The rental of the spaces

From 86,00 € per person - tailor-made quote upon request



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TEAM NATURE  
CRÉATEUR ENGAGÉ

## YOUR TEAM BUILDING ACTIVITIES

### WINE MAKING ACADEMY

When creativity meets wine, you have a chance to become "the most renowned winemaker of the world"... for a day! With the advice of a wine specialist, make your own vintage assembling different grapes, then imagine the label of your house bottle.

After the blind tasting, will you be voted "Great vintage" or "Undrinkable wine"?

Included :

- Experienced winemakers
- Snacks
- All equipment needed
- Different vintages

Not included :

- The rental of the room

From 180,00 € per person - tailor-made quote upon request



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TEAM NATURE  
CRÉATEUR ENGAGÉ

# *YOUR WATER ACTIVITIES*

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# YOUR WATER ACTIVITIES

## SNORKELING IN VILLEFRANCHE

From April to October - Duration 1h30

Included:

- Departure and return by boat to the snorkeling spot
- The fuel
- Individual insurance
- Individual equipment
- A bottle of water given by the hotel

Not Included:

- Transfer to and from Villefranche

From 8 to 16 people - 1 instructor for 8 people : 55,00 € per person

Tailor-made quote for requests of less than 8 persons and more than 16.



# YOUR WATER ACTIVITY

## HALF-DAY INITIATION OF APNEA DIVING

From April to October - Duration 5h00

Included :

- Departure and return by boat to the snorkeling spot
- The fuel
- Individual insurance
- Individual equipment
- Breathing and meditation techniques
- Teaching and practical exercises at sea
- A bottle of water given by the hotel
- A video of the group offered

Not included:

- Transfer to and from Villefranche

From 12 to 16 people - 1 instructor from 3 persons : 180,00 € per person

Tailor-made quote for requests of less than 8 people and more than 16.



# *YOUR WATER ACTIVITIES*

And also

- Paddle board
- Snorkeling
- Catamaran
- Speed boat
- Boat race

And many more...



HÔTEL BEAU RIVAGE  
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*YOUR  
EVENING  
ACTIVITIES*

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# YOUR EVENING ACTIVITIES

## MIXOLOGY CLASS

Supported by trained bartenders, the participants learn the art of cocktail making and discover the world of mixology while tasting their creations.

Included :

- 1h30 workshop
- 1 bartender for 10 persons
- 2 cocktails per person
- Glasses, raw material, alcohols, ice, bartender equipment

From 10 to 30 people: 85,00 € per person and per class

From 30 persons : 70,00 € per person and per class

Travelling expenses : 200,00 € per class



## *YOUR EVENING ACTIVITIES*

### **BLIND TEST**

While having dinner and in teams, spend a fun and friendly moment with a blind test. Allowing people to show their true self, this is the perfect activity to spend a great evening.

Included :

- A Dj for 2 hours
- Sound and equipment
- A bottle of Champagne for the winning team

Not included:

- Dinner in one of our partner restaurant
- The privatized room

Blind test : 1088,00 € per night



## *YOUR EVENING ACTIVITIES*

### **SOLO LIVE MUSIC**

Possible musicians : singer, guitar player, pianist, saxophonist

Included :

- 3 shows of 45 mins or 4 of 35 mins
- Sound and equipment

Not included:

- Dinner in one of our partner restaurant
- The privatized room

Live music : 720,00 € per artist