

FRISQUE Michel
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BIOGRAPHY

After having been a high mountain guide and entrepreneur, Michel FRISQUE supports managers and their teams towards more positive value creation. It releases leadership, agility, emotional and collective intelligence in the service of innovation in business, drawing on the universality of the high mountains. He is the author of MONTAGNE D'INSPIRATION, a novel and AGILE WALK, a manual for creating agile collectives. Michel is Associate Lecturer at the IAE of AIX-en-Provence.

EDUCATION

- DESS IAE of Aix-en-Provence in Communication and DU in Relationship Management
- Comprofiles certified coach and trainer
- NLP University certified collective intelligence facilitator
- ENSA Chamonix high mountain guide

Language	Read	Speak	Written
FRENCH	X	X	X
ENGLISH		X	

ACADEMIC ACTIVITIES

Courses currently given at Aix Marseille Graduate School of Management – IAE

Leadership
Emotionnel and collective intelligence
Action learning

SCIENTIFIC ACTIVITIES

Non scientific activities

- MONTAGNE D'INSPIRATION novel at WINPEAKS
- AGILE WALK at HOLD UP
- RUPTURE DOUCE
- MANAGEMENTOR at DUNOD
- GUIDER EN PREMIER DE CORDÉE at MARDAGA

- Articles on LinkedIn
- Podcast :
https://soundcloud.com/thecamp_provence/michel-frisque-pour-aller-aux-sommets-il-faut-etre-attentif-aux-autres
- Video you tube : <https://www.youtube.com/watch?v=C6SNdSyV6Jk>

IMPACTS & OTHERS

As a guide, the high mountains have taught me that agility is one of the essential keys to any human endeavour.

Over time, I realized that this question was more emotional and spiritual than technical. I understood that to remain agile or flexible, to adapt quickly to an uncertain environment, it was fundamental to recognize the causes and the effects of our fears as well as our desires on our own freedom.

Through practice, I learned that the most important thing is to know how to act rather than react, especially when we are under great pressure. That the ultimate quest of any adventure is to discover in oneself the way of letting go, the one that allows you to do "enterprises". To fully understand this dimension, I recommend reading the wonderful book by V.R. Dhiravamsa "The path of non-attachment". Emotional intelligence is a tremendous resource to enable us to adapt and respond to the major challenges of our 21st century.

But from summit to summit, I learned even more. I understood that spiritual intelligence was the ultimate level of self-fulfillment. The place and the moment when we ask ourselves the question of the meaning of our life. This founding moment when we reflect on our life mission. What did I come to do on earth?

How to achieve it?

By making a rope with oneself, with the other and with Nature. By taking care of the quality of interactions, by paying deep attention to what is happening within oneself, with others and with the world of which we are a part. By increasing our level of consciousness "here and now". By detaching ourselves from the superfluous, we break our chains, we enlarge our freedom, we are more agile.

By doing so, we will unleash the creative energy, the full power of entrepreneurship. We empower ourselves to sustainably improve the quality of our lives, businesses and societies while protecting the common good. Our Earth, this finite space where all the living on its surface can be an infinite creative expression.

Today, faced with climate change, dwindling resources and its attendant dramatic social and environmental consequences, the great challenge of the 21st century will be to move our lives and businesses from "energy-intensive performance" mode to that of "resilience regenerative".