> SERVICES

Pack LIBERTY



Coaching process

The first step consists of defining the expectations of the coachee, followed by a **three-way meeting** with the coachee, their manager and the coach. The purpose of this stage is to define and set the **goals** of the coaching, as well as the **KPI's**.

Then the **8 sessions** of coaching can start, either face to face and/or by videoconference, depending on the wishes and availability expressed by the coachee and the coach.

At the end of the coaching, a **closing session** is organised, initially with the coachee and the coach, then with the manager to make an **assessment and final evaluation**.

Benefits

Individual coaching is an approach that allows the coachee to be guided in a process of **change and evolution**, all within a framework of **trust and confidentiality**, according to ICF's Code of deontology and ethics.

The coach thus enables the emergence of **solutions** specific to the coachee, and a change of processes or repetitive scenarios, in order to **achieve the objectives** that have been defined together with the company.

I A coaching

- ✓ To step into a new role
- ✓ To work on their posture as a Leader
- ✓ To overcome a recurring challenge
- ✓ To develop and accelerate your career
- ✓ To quash your impostor syndrome

- ✓ To gain self-confidence and assertiveness
 - To be more **emotionally** aligned
 - To adapt to a **VUCA** environment
 - To manage organizational and cultural change

I have a natural affinity with the **neuroatypical** people (HP, ADHD, Autism, Dys- ...)

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Nbr of session : **TBD** Total duration :

4-24 months

Length of sessions :

45' - 2 hours

Means :

Face to face or videoconference

100% Taylor Made



Tools -Methodology

- Process
 Communication
- ✓ Metaphors and Images,
- Transactional Analysis,
- Ego State, Life Position,
- ✓ Systemic Analysis,
- Anchoring Techniques,
- ✓ Drivers, RPBD, 3P, DESC, GROW,
- ✓ The Autonomy Cycle,
- ✓ Dilts Logical Levels,
- Belief and Value Works

