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.

🎯 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**