



Pack EASY

↔ 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 **5 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 overcome a **recurring challenge**
- ✓ To develop and **accelerate your career**
- ✓ To quash your **impostor syndrome**, gain self-confidence
- ✓ To be more **emotionally aligned**
- ✓ To adapt to a **VUCA** environment

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

EASY

7 meetings

Total duration :

6 months (+/-)

Length of sessions :

1,5 hours

Means :

**Face to face or
videoconference****1 topic in 6 months**

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



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