

OBJECTIVES

Future-focused support for something you want to achieve, change or improve



A catalyst that enables you to find your own sustainable solutions



A collaborative partnership between a coach and a willing participant



- Individual coaching is an effective way to help you identify, develop and **achieve** your goals
- The coach **empowers** individuals by providing structure, support and feedback
- Through coaching, you become aware of your abilities, **develop** your skills, set clearer goals and take action to achieve them
- A certified coach provides a number of approaches and **tools**
- Coaching is **tailored** to meet the needs of the individual and/or the organisation

TARIFF & DURATION

Coaching session (private clients)	95€/h
Package 3 sessions / 45mins	210€
Package 6 sessions / 45 mins	390€

TVA not applicable according to article 293 B of the general tax code France

LOCATION

By video-conference on Zoom,  Teams or face to face at a  mutually agreed location

DETAILS

RELEVANT PUBLIC

Leader, managers, entrepreneurs and others wishing to advance in their professional objectives

LANGUAGES

English & French

PREREQUISITES

Ready to fully engage in the coaching process. For those wishing to do sessions in English, a minimum CEFR level B1 is required

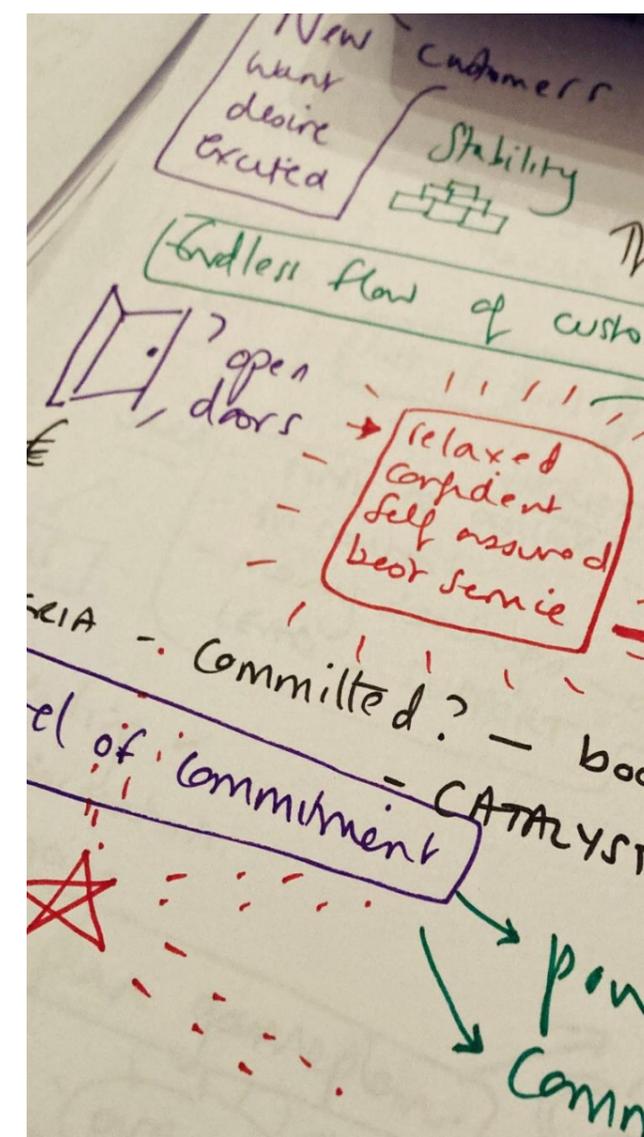
METHODOLOGY

The coaching programme starts with an initial session in which the objectives for the coaching period are set and an exploration of the client's current situation is carried out

Action steps are constructed at the end of the session by the client and followed up at the beginning of the next session

EVALUATION

The achievement of the objectives will be evaluated either during a tripartite meeting between the coach, the coachee and the company (client), or during a bipartite meeting between the coach and the coachee (client)



ACCREDITED COACH - ICF ACC

We adhere to the ICF Code of Ethics:

<https://coachingfederation.org/code-of-ethics>

