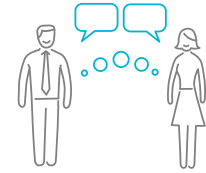


EXECUTIVE COACHING

Unleash your potential and transform yourself, succeed on your own terms



WHO IS IT FOR?

Leaders, managers, change managers, talents.

FOR WHAT PURPOSE?

- › Skills development: coaching to acquire, or improve upon, specific skills and abilities
- › Performance improvement: coaching to enhance performance in the current role
- › Career development: coaching to prepare for a future role
- › Executive's agenda: coaching to help senior managers define their own personal success and corporate performance

HOW DOES IT WORK?

● Choosing your coach

You will choose your coach among those offered to you during an initial introductory session. It's the 'chemistry' meeting.

● Setting up the coaching contract

This is a session between you, your coach, and your direct manager.

On this occasion, you will decide jointly on: the objectives for the coaching and the indicators associated with each objective.

A tripartite coaching contract will be drafted further to this session.

● The coaching sessions

Sessions take place every 2 to 3 weeks.

They take place outside the organization at a venue to be decided upon by you and your coach, or over the phone if needed.

● The closure meeting

A tripartite post-coaching debriefing session takes place further to the coaching.

WHAT IS COACHING?

Coaching a person, a team, or an organization means accompanying the individual or group of individuals such that they find by themselves the answers to questions they ask or to problems they encounter.

The coach acts as a catalyst. They accompany the coached individual, without for that matter being an interventionist. They are distinguished in this respect from the consultant who offers advice and solutions. They also differ from the therapist, who is more focused on the study of causes.