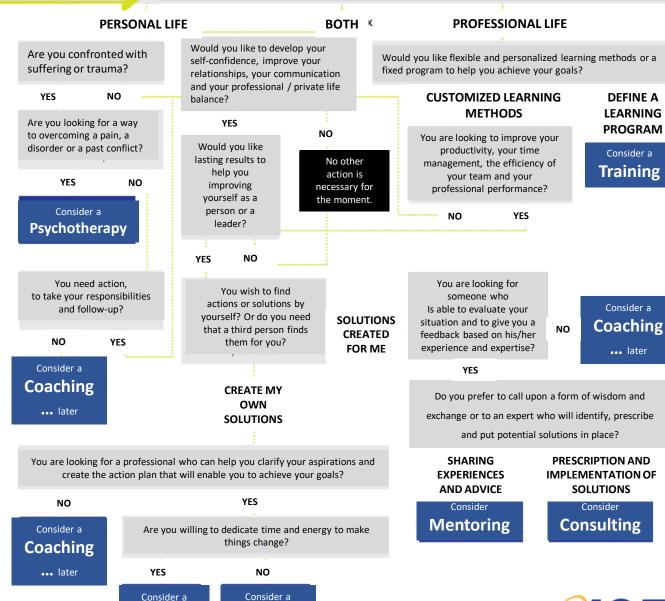
**Starting Point** 

## Do you want to move forward in your personal or in your professional life?



Coaching

••• later

Coaching



# **Decision Card**

#### Consider Coaching

Coaching could benefit you! THE ICF defines coaching as the implementation of a partnership with customers in the context of a process of reflection and creativity, in order to encourage them to optimize their personal and professional potential. The coaches recognize the client as the sole expert in his/her private and professional life and think that each client knows how to be creative and ingenuity.

The coach's mission is to:

Have client's objectives emerge and clarify,

encourage their clients to discover themselves by themselves,

encourage their clients to develop their own solutions and strategies,

consider their clients as responsible persons.

This process allows clients to improve radically their prospects for their work and their personal life, while at the same time developing their leadership skills and unleashing their potential.

#### Consider Consulting

Individuals and companies can hire consultants for their expertise. Although many forms of consulting exist, the consultant will be in a position to analyze problems and then prescribe and implement solutions.

#### Consider **Mentoring**

A mentor is an expert who shares his or her knowledge and offers an orientation based on his/her own experience. Mentoring can include advice, support and coaching.

### Consider **Psychotherapy**

It often focuses on the resolution of difficulties arising from the past of an individual in prey to emotional dysfunctions, which leads to the improvement of his/her psychological state in order to deal with the present in a global emotionally healthy way.

ICF members have been trained to discern the differences between coaching and therapy and are held by the code of ethics of the federation to address their clients - or future clients - to a therapist, if applicable.

## Consider **Training**

Training programs are based on objectives set by trainers or teachers. They adopt progressive learning processes corresponding to established programs.

## Consider Coaching... later

Coaching could be beneficial to you in the framework of an upcoming project. To decide on the right time, ask yourself the following questions:

- What do I want to achieve?
- Do I value collaboration, other people's points of view and new perspectives?
- Am I willing to spend time and energy to make a real change?