

Starting Point

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

PERSONAL LIFE

BOTH

PROFESSIONAL LIFE

Are you confronted with suffering or trauma?

YES NO

Are you looking for a way to overcoming a pain, a disorder or a past conflict?

YES NO

Consider a
Psychotherapy

You need action, to take your responsibilities and follow-up?

NO YES

Consider a
Coaching
... later

Would you like to develop your self-confidence, improve your relationships, your communication and your professional / private life balance?

YES

Would you like lasting results to help you improving yourself as a person or a leader?

YES NO

You wish to find actions or solutions by yourself? Or do you need that a third person finds them for you?

CREATE MY OWN SOLUTIONS

You are looking for a professional who can help you clarify your aspirations and create the action plan that will enable you to achieve your goals?

NO YES

Consider a
Coaching
... later

Are you willing to dedicate time and energy to make things change?

YES

Consider a
Coaching

NO

Consider a
Coaching
... later

Would you like flexible and personalized learning methods or a fixed program to help you achieve your goals?

CUSTOMIZED LEARNING METHODS

You are looking to improve your productivity, your time management, the efficiency of your team and your professional performance?

NO YES

DEFINE A LEARNING PROGRAM

Consider a
Training

No other action is necessary for the moment.

SOLUTIONS CREATED FOR ME

You are looking for someone who is able to evaluate your situation and to give you a feedback based on his/her experience and expertise?

NO

Consider a
Coaching
... later

YES

Do you prefer to call upon a form of wisdom and exchange or to an expert who will identify, prescribe and put potential solutions in place?

SHARING EXPERIENCES AND ADVICE

Consider

Mentoring

PRESCRIPTION AND IMPLEMENTATION OF SOLUTIONS

Consider

Consulting

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?

