



The role of the Life Purpose Coach is to accompany their clients in a process of clarification and realization of their purpose. They act as a catalyst for awareness and change, helping individuals align their lives with their core values and aspirations. For this, the coach adopts a specific posture, based on strong ethical principles.

Firstly, the Life Purpose Coach positions themselves as a supportive and stimulating partner. Their role is not to give advice or provide ready-made solutions, but to create a space for reflection and exploration that allows the client to find their own answers. They ask powerful questions, reflect on the client's statements, and encourage them to step out of their comfort zone to fully embrace their potential.

The coach operates on the premise that every individual is naturally creative, resourceful, and fundamentally complete. Their role is to reveal these sometimes hidden resources and stimulate the client's creativity to allow them to design a life that reflects who they truly are. They help remove inner and outer obstacles that prevent them from living in accordance with their purpose.

To establish a trusting and safe environment conducive to this deep work, the coach commits to respecting strict ethical principles. Confidentiality is a pillar of the coaching relationship: everything said in the sessions stays strictly between the coach and the client. The coach also commits not to judge the choices and experiences of the client, but to welcome them with unconditional kindness.

Another key ethical principle is the belief in the autonomy and responsibility of each individual. The coach considers that the client is best placed to make decisions that concern them. Their role is to broaden the client's perspective and help them anticipate the

consequences of their choices, but under no circumstances to decide for them. They strive to avoid creating dependency and, conversely, to enhance the client's capacity for action.

This ethical stance also involves recognizing the limits of their field of competence. A coach is not a therapist or a legal or financial adviser. When faced with issues that exceed their field of intervention, they direct the client towards competent professionals. They are careful not to overstep their role and to act in the best interests of their client.

To embody this unique posture, the Life Purpose Coach cultivates essential qualities such as active listening, empathy, and non-judgment. They develop their ability to be fully present to their client, to adjust to their rhythm and communication style. They show flexibility and creativity in adapting to the unique needs of each individual.

For example, when confronted with a client who has difficulty clarifying their purpose, the coach may invite them to explore various entrance points: fundamental values, natural talents, childhood dreams, moments of joy and flow... By flexibly altering the perspectives, they stimulate the client's thought process until an inspiring vision emerges.

The coach also sets an example by being aligned with their purpose and values. They embody the principles of Life Purpose Coaching in their own life and professional practice. This consistency strengthens the client's trust and amplifies the support process.

In summary, the role of the Life Purpose Coach is to be a potential revealer and change catalyst. Through their supportive stance, ethics, and commitment to their own journey, they create the conditions for their client to connect with their deep purpose and translate it into concrete actions. They assist them in becoming the pilot of their life and plotting a course towards lasting fulfillment, in coherence with their values and aspirations.

Takeaways :

- The Life Purpose Coach supports their clients in the clarification and realization of their purpose, acting as a catalyst for awareness and change.
- The coach creates a space for reflection and exploration, asks powerful questions, and encourages the client to step out of their comfort zone to embrace their potential, without giving advice or ready-made solutions.
- The coach reveals the client's hidden resources and stimulates their creativity to allow them to design a life aligned with their purpose, helping them overcome internal and external obstacles.
- Confidentiality, non-judgment, and unconditional kindness are key ethical principles of the coaching relationship.

- The coach believes in the autonomy and responsibility of each individual, helps the client expand their perspective and anticipate the consequences of their choices, without making decisions for them, in order to enhance their capacity for action.
- The coach acknowledges the limits of their field of competence and directs the client towards skilled professionals when necessary.
- The coach cultivates active listening, empathy, non-judgment, presence, flexibility, and creativity to adapt to the unique needs of each client.
- The coach embodies the principles of Life Purpose Coaching in their own life and professional practice, thus reinforcing the client's confidence and the power of the coaching process.