



Managing challenges and resistances is an essential dimension of the Ikigai Coaching process. Indeed, any change, even when desired, naturally generates fears, doubts and defense mechanisms in the client. The Ikigai Coach must be able to welcome and accompany these resistances with kindness and insight, to allow the client to overcome them and continue their journey towards their Ikigai.

The identification and kind welcoming of resistances is the first key step. The Ikigai Coach must pay attention to verbal and non-verbal signs that may betray a resistance on the part of the client: avoidance, rationalizations, procrastination, aggressiveness, etc. Rather than ignoring them or confronting them head-on, the Ikigai Coach welcomes these resistances with empathy and without judgment. He recognizes them as a natural and legitimate part of the change process.

Imagine a client who systematically postpones the actions planned between sessions. The Ikigai Coach can welcome this resistance by saying: "I see that it is difficult for you to take action right now. It is perfectly normal to feel brakes when you are about to change something important into your life. Let's explore together what is at stake for you."

The curious and empathetic exploration of fears, beliefs and underlying issues is the next step. The Ikigai Coach helps the client become aware of the deep roots of their resistances. With open and kind questioning, he invites the client to explain their fears, doubts, and limiting beliefs. He assists them in identifying the identity, relational or material stakes that may impede their momentum towards their Ikigai.

For example, facing a client who expresses a fear of failure in achieving their Ikigai, the Ikigai Coach can explore the associated beliefs: "What would failure mean to you? What do

you fear might happen if you fail? What past experiences make you doubt your ability to succeed?"

The co-creation of strategies to tame and overcome resistances is the next key step. Once the resistances have been clarified and understood, the Ikigai Coach helps the client find concrete ways to tame and overcome them. It is about developing custom strategies, which take into account the resources and preferences of the client. The Ikigai Coach makes sure to move at a suitable pace, proposing progressive and realistic steps.

Imagine a client who is afraid of disappointing their loved ones by committing to their Ikigai. The Ikigai Coach can help them identify potential allies in their circle, prepare authentic conversations to express their project, and visualize positive support and encouragement scenarios.

The celebration of "small victories" and learning is a crucial step to maintain the motivation and commitment of the client in the face of challenges. The Ikigai Coach highlights each step forward, each resistance overcome, each insight gained. He helps the client recognize their strengths and progress, to cultivate gratitude and pride. He also invites them to learn from their difficulties, by reframing them as opportunities for learning and growth.

For example, facing a client who dared to take the first action out of their comfort zone, the Ikigai Coach can warmly congratulate them and invite them to savor this success: "Congratulations on your bravery! What do you take away from this experience? What does it teach you about yourself and your ability to overcome your fears?"

By accompanying resistances with this kind and strategic posture, the Ikigai Coach allows the client to transform their challenges into stepping stones towards their Ikigai. He assists them in developing their resilience, self-confidence and audacity to fully embrace their life path. Resistances then become not obstacles, but valuable allies for an authentic and sustainable journey towards their Ikigai.

Key takeaway points:

1. Managing challenges and resistances is a key dimension of Ikigai coaching, as any change naturally raises fears and doubts in the client.
2. The identification and kind welcoming of resistances is the first step. The Ikigai Coach must be attentive to signals of resistance and welcome them with empathy, without judgment.
3. The curious and empathetic exploration of fears, beliefs and underlying issues allows understanding the deep roots of the client's resistances.

4. The co-creation of tailor-made strategies to tame and overcome resistances is essential. The Ikigai Coach assists the client in finding concrete and suitable ways to overcome their challenges.

5. The celebration of "small victories" and learning is crucial to maintaining the motivation and commitment of the client. The Ikigai Coach highlights progress, strengths, and lessons drawn from difficulties.

6. Accompanying resistances with kindness and strategy, the Ikigai Coach allows the client to transform their challenges into stepping stones towards their Ikigai, thus developing their resilience, confidence, and audacity.