



Ethics and confidentiality are fundamental pillars of coaching relationship. They constitute the trust foundation on which the working alliance between coach and coachee rests. The Life Purpose Coach must be exemplary in respecting these principles throughout the support.

The coach commits to maintaining strict confidentiality regarding all the information shared by their client during the sessions. Everything said in the coaching space is covered by professional secrecy. The coach cannot disclose this information to a third party without the explicit agreement of the coachee, except in rare cases provided by law (endangering oneself or others, for example). This confidentiality is essential to allow the client to confide safely and to deeply explore their issues.

Beyond confidentiality, the coach adopts an ethical posture in all aspects of the relationship. They commit to act with integrity, honesty and kindness towards their client. The coach avoids any moral judgment and treats their client with the same respect, regardless of their background, choices, and beliefs. They ensure to establish an equal-to-equal relationship, without any power abuse related to their coach status.

The coach's ethics also involve respecting the autonomy and freedom of choice of their client. The coach does not impose their view of things and does not exert pressure. Their role is to kindly accompany the coachee's reflection, but it is always the latter who remains in control of their decisions and their journey.

For instance, if a client is hesitating between two career change options, the coach will help them clarify their choice criteria, their deep aspirations, the pros and cons of each option. But they will refrain from telling them what the "right" decision is. The coach trusts the

client's ability to find their own path.

Ethics also concern the management of dilemmas and delicate situations that may arise in the coaching relationship. The coach may face requests that go beyond the help relationship, such as emotional solicitations or unrealistic expectations. They must then, tactfully and gently, know how to refocus the relationship and reaffirm the limits of their role.

Imagine that a client develops an attraction for their coach over the course of the sessions. The latter, while kindly welcoming what is happening for their client, will have to remind them of the deontological framework of the relationship and the impossibility of responding favorably. They can invite them to explore the meaning of this attraction in their journey.

Finally, the coach's ethics involve ensuring their own balance and personal ecology. Being a personal development coach is a demanding activity emotionally and energetically. To be fully available and attentive to their clients, the coach must know how to take care of themselves and respect their own limits. This involves maintaining a balanced lifestyle, taking time to recharge, and continuous personal work, like supervision.

In summary, ethics and confidentiality are inseparable from responsible and professional life coaching practice. They guarantee the safety of the relationship and its effectiveness as a lever for personal development. The Life Purpose Coach integrates these principles at the heart of their posture, in a continuous dynamics of alignment and exemplarity.

Key takeaway:

- Ethics and confidentiality are the foundations of the trust relationship between the coach and the coachee.
- The coach is bound by professional secrecy and cannot disclose the information shared by the client without their agreement, except in cases provided by law.
- The coach adopts a posture of integrity, honesty, and kindness, without moral judgment. They establish an equal-to-equal relationship.
- The coach respects the autonomy and freedom of choice of the coachee. They accompany them in their reflection but do not decide for them.
- Faced with dilemmas and delicate situations (emotional demands, unrealistic expectations...), the coach must refocus the relationship with tact by reaffirming the limits of their role.
- To be fully available, the coach ensures their own balance through a healthy lifestyle,

recharging times, and continuous personal work.

- Ethics and confidentiality guarantee a secure and effective framework for the coachee's personal development. They are at the heart of the coach's posture.