



The structure of an Ikigai Coaching session is a key element to ensure effective and coherent support. Each session must be carefully prepared and organized to optimize time and energy dedicated to exploring the client's Ikigai. Here are the main steps that compose a typical Ikigai Coaching session.

Establishing a clear and secure framework is the first essential step. The coach reminds the session objectives, the rules of confidentiality and ensures that the client is in good condition to start the work. This opening ritual allows creating a space conducive to introspection and authentic exchange.

Imagine a coach that begins each session with a few minutes of guided meditation to help the client center and connect with their deep aspirations.

Then, the coach invites the client to explore their experiences, reflections and actions since the last session. It's the opportunity to celebrate advances, learn from difficulties encountered and make the connection with topics previously discussed. This step serves to maintain continuity and strengthen learning anchorage.

For example, a client could share their success in applying a stress management tool discussed in the previous session, and express how this positively impacted their daily life.

The heart of the session consists of choosing a focus and a specific goal related to the client's Ikigai. This could involve exploring a passion, clarifying a value, overcoming an obstacle, or defining an action plan. The coach assists the client in formulating a SMART (Specific, Measurable, Achievable, Realistic, and Time-bound) goal for the session.

Imagine a client who wishes to focus on identifying their unique talents, in order to better serve their Ikigai.

To achieve this goal, the coach uses appropriate tools and techniques to deepen the reflection and generate insights. This can include visualization exercises, role plays, metaphors, surveys, or personality analyses. The stake is to encourage creative exploration and spark realizations in the client.

For example, the coach could suggest the client draw their "talent tree", representing their roots (values), trunk (skills), and branches (aspirations).

The session concludes with the co-creation of concrete actions and experiments to anchor the learnings. The coach assists the client in defining realistic and motivating steps to move towards their Ikigai between sessions. They also encourage the client to identify resources and supports they will need to take action.

Imagine a client committing to contact three inspiring people in their Ikigai field, to conduct informal interviews about their journey.

Finally, the coach closes the session with a summary of key points discussed, an evaluation of the client's satisfaction, and a projection towards the next step. This closing ritual serves to reinforce the gains, value the path walked, and maintain the momentum of change.

For example, the coach could invite the client to summarize in one key sentence their greatest insight from the session, and project themselves into the next step of their Ikigai exploration.

By following this structure, while flexibly adapting it to emerging needs, the Ikigai Coach creates optimal conditions for smooth and meaningful accompaniment. Each session becomes a significant step in the client's journey towards a life more aligned with their Ikigai.

Takeaways:

- The structure of an Ikigai Coaching session is essential for effective and coherent accompaniment.
- Establishing a clear and secure framework at the beginning of the session creates a conducive space for introspection and authentic exchange.
- Exploring the client's experiences, reflections, and actions since the previous session maintains continuity and strengthens learning anchorage.

- Choosing a focus and a SMART goal related to the client's Ikigai is at the heart of the session.
- The use of appropriate tools and techniques encourages creative exploration and triggers realizations in the client.
- The co-creation of concrete actions and experiments at the end of the session anchors the learnings and maintains the momentum of change.
- Closing the session with a summary, evaluation, and projection reinforces the gains and values the path walked.
- Flexibility and adaptation to the client's emerging needs are vital throughout the session.