

The process of Life Purpose Coaching generally unfolds in several key stages, allowing the coachee to gradually progress towards a more aligned and fulfilled life. Each stage has its importance and contributes to the overall success of the coaching.

The first crucial step is the clarification of the coachee's request and objectives. During the initial exchanges, the coach takes the time to deeply explore the motivations, expectations and needs of their client. The aim is to understand what prompts them to undertake this process at this particular point in their life. The coach helps the coachee to formulate a clear, positive and motivating goal, which will serve as a guiding thread throughout the coaching process.

For instance, a client might initially express a vague dissatisfaction with their work and personal life. Through gentle questioning and reformulations, the coach helps them specify their need: "I want to clarify my purpose and align my professional activity with my deep values, to regain meaning and joy in my daily life."

Once the working alliance is established around a clear objective, the coach accompanies the coachee through an in-depth exploration phase. This is about helping them to better understand themselves, to identify their resources and obstacles, in order to lay the groundwork for lasting change. The coach uses various tools such as questioning, personality tests or experiential exercises to stimulate the coachee's reflection and awareness.

This exploration phase can sometimes disturb the coachee, by prompting them to question certain beliefs or life habits. The coach is there to welcome resistance with kindness and support the client in this sometimes uncomfortable but necessary phase. They help them overcome their fears, change their perspective on their situation, and open up to new perspectives.

As the sessions progress, the coachee clarifies their life vision and identifies the changes to be implemented to get closer to their ideal. The coach then assists them in the development of a concrete and realistic action plan, with progressive stages. Together, they define SMARTE interim objectives (Specific, Measurable, Achievable, Realistic, Timely and Ecological) that will keep the coachee on track and celebrate their progress.

The coach's role is also to encourage experimentation and action between sessions. They inspire their client to dare to step out of their comfort zone, to test new ways of doing and being in line with their purpose. Each action, even imperfect, is a learning opportunity and strengthens self-confidence.

Throughout the process, the coach displays flexibility to adapt to the pace and learning style of their client. They alternate moments of reflection and integration with phases of action and experimentation, while maintaining a dynamic balance. The coach encourages the coachee to listen to their inner wisdom and pushes them beyond their usual limits.

A successful Life Purpose Coaching process does not end with the definition of an inspiring action plan. It also integrates an essential phase of anchoring change and preventing relapses. The coach helps their client to identify their long-term motivation factors and establish meaningful routines. They equip them to face obstacles and moments of doubt, in order to sustain their progress.

For instance, a coachee who has clarified their purpose and launched an aligned entrepreneurial project may go through periods of discouragement in the face of encountered challenges. The coach then assists them in drawing on their inner resources, celebrating each victory and keeping the flame of their vision alive, to weather the storms with resilience.

In summary, the Life Purpose Coaching process is a gradual and personalized journey, allowing the coachee to move from questioning to transformative action. Thanks to the coach's kind yet challenging support, they clarify their purpose, overcome internal and external obstacles, and implement concrete changes to live in harmony with their deep aspirations. Each stage, from the clarification of objectives to the anchoring of learnings, contributes to the overall success of the coaching towards a more fulfilled and meaningful life.

Key points to remember:

- The Life Purpose Coaching process unfolds in several key stages, each of which is important for the overall success of the coaching.

- The first crucial step is to clarify the coachee's request and objectives, in order to formulate a clear, positive, and inspiring goal.

- The coach then assists the coachee through an in-depth exploration phase, to help them better understand themselves, identify their resources and obstacles, and lay the groundwork for lasting change.

- The coachee clarifies their life vision and develops a concrete and practical action plan with the coach, which includes SMART interim objectives.

- The coach encourages experimentation and action between sessions, challenging the coachee to step out of their comfort zone and try new ways of being in line with their purpose.

- The coach displays flexibility, adapting to the pace and learning style of the coachee, alternating reflection and action.

- A successful coaching process integrates a phase of anchoring change and preventing relapses, helping the coachee to identify their long-term motivation factors and to meet challenges.

- The coaching process allows the coachee to move from questioning to transformative action, allowing them to live in harmony with their deep aspirations.