



Life Purpose Coaching holds a unique place among the various personal development and support approaches. Although it shares some foundations with other disciplines, it stands out for its purpose and specific intervention methods.

Firstly, it is important to distinguish Life Purpose Coaching from psychotherapy. While therapy focuses on resolving psychological or emotional problems, often rooted in the past, coaching concentrates on the present and the future. It aims to assist generally balanced individuals in achieving their goals and expressing their full potential. The coach's role is not to treat mental disorders but to facilitate a process of personal and professional development.

Similarly, Life Purpose Coaching differs from mentorship or consulting. A mentor is generally an expert in a field who shares their experience and knowledge to guide their mentee. A consultant, on the other hand, provides recommendations and opinions based on their expertise. The coach, in contrast, is not in a position of expertise but facilitation. They don't provide direct advice but ask powerful questions to help the coachee find their own answers and solutions.

Compared to other forms of coaching (performance coaching, career coaching, business coaching...), Life Purpose Coaching stands out for its existential approach. It does not limit itself to achieving external objectives but aims for a deeper transformation, linked to the purpose of life and self-realization. It addresses fundamental questions such as values, life purpose, and everyone's unique contribution. Its ultimate goal is to help the individual live a more aligned and fulfilled life, in tune with their true nature.

However, Life Purpose Coaching is not disconnected from practical realities. It incorporates

elements of personal and professional development to enable the coachee to take action and embody their life purpose in all aspects of their lives. It offers a balance between inner exploration and pragmatic implementation, for a comprehensive and sustainable transformation.

Life Purpose Coaching borrows tools and concepts from various complementary approaches, such as positive psychology, logotherapy, transactional analysis, or NLP. But it integrates them into a coherent process centered on the quest for meaning and the realization of one's unique potential. It builds bridges between personal development, existential psychology, and coaching, serving the fulfillment of the individual.

For instance, a life coach uses tools like powerful questioning, active listening, or value clarification, common to most coaching approaches. But they use them towards a specific goal: helping the coachee to connect to their deep life purpose and to express it concretely in their life. They can rely on concepts like *ikigai* (balance between passion, mission, vocation and profession) or Maslow's pyramid of needs to stimulate existential reflection.

In summary, Life Purpose Coaching positions itself as an integrative and holistic approach, at the intersection of personal development, existential psychology, and coaching. Its unique purpose - helping the individual to live in harmony with their life purpose - makes it a singular and powerful practice for those seeking meaning and fulfillment. By engaging with other disciplines while asserting its own specificity, it paves an original path towards a more aligned and fulfilled life.

Points to remember:

- Life Purpose Coaching is distinct from psychotherapy, mentorship, and consulting. It does not treat mental disorders but supports a process of personal and professional development.
- The coach is not an expert but a facilitator who assists the coachee in finding their own answers and solutions through powerful questioning.
- Life Purpose Coaching differentiates itself from other forms of coaching by its existential approach. It aims for a deep transformation linked to the purpose of life and self-realization.
- It addresses fundamental questions such as values, life's purpose, and each person's unique contribution, in order to help the individual live a more aligned and fulfilled life.
- Life Purpose Coaching incorporates elements of personal and professional development to enable the coachee to take action and embody their life purpose in all areas of their lives.
- It borrows tools and concepts from various complementary approaches (positive

psychology, logotherapy, transactional analysis, NLP) but integrates them into a coherent process centered on the quest for meaning.

- Life Purpose Coaching positions itself as an integrative and holistic approach, crossing personal development, existential psychology, and coaching, providing an original path towards a more aligned and fulfilled life.