



Problem-solving and decision-making are key skills for the Ikigai Coach, enabling them to assist the client in managing the challenges and choices that mark their journey towards the realization of their Ikigai. Indeed, the quest for a aligned and fulfilled life is not without obstacles or dilemmas, whether they are practical, emotional or existential. The Ikigai Coach must therefore be able to offer effective techniques to help the client analyze complex situations, generate creative solutions, and make enlightened decisions consistent with their deep aspirations.

Among problem-solving techniques, root-cause analysis is a powerful tool to understand the roots of a difficulty and avoid settling for superficial solutions. It is a process of investigation that consists of asking the question "Why?" in an iterative manner, until identifying the underlying factors that fuel the problem. For example, if the client has difficulties reconciling their Ikigai with their family responsibilities, the Ikigai Coach can invite them to explore the root causes of this conflict: is it related to limiting beliefs about the role of a parent? To a lack of support from the spouse? To a difficulty in setting boundaries and delegating? By highlighting these root causes, the client can then act in a more targeted and sustainable way to solve the problem at its source.

Brainstorming is another essential technique to stimulate creativity and broaden the field of possibilities in the face of a challenge. It is a session of free and non-judgmental idea generation, where all suggestions are welcome, even the most far-fetched. The Ikigai Coach can facilitate a brainstorming session with the client by encouraging them to let their imagination run free and propose as many ideas as possible, without censoring themselves. They can also use creativity techniques such as idea associations, analogies, or inversions to stimulate lateral thinking and break away from the beaten path. Once the brainstorming is over, the coach and the client can then evaluate the ideas generated according to feasibility,

impact, and alignment with the Ikigai, to identify the most promising avenues.

Decision-making is another essential aspect of Ikigai Coaching, as it allows transforming ideas into concrete and assumed actions. The Ikigai Coach can offer the client decision-making tools, such as a decision matrix or a decision tree, to clarify the stakes and consequences of each option. The decision matrix involves listing the possible options in columns and the decision criteria in rows, then rating each option according to each criterion to obtain a global score. The decision tree, on the other hand, allows visualizing the different possible scenarios in the form of branches, anticipating the results and probabilities of each branching. These rational tools can help the client to objectify their reflection and take a step back on their choices.

However, decision-making is not limited to a cold and disembodied analysis. The Ikigai Coach should also invite the client to connect with their intuition and feelings to guide their choices. Techniques such as visualization, meditation, or intuitive writing can help the client access their inner wisdom and clarify what deeply resonates within them. The aim is to create a space of calm and inner listening, to let emerge the answers that are not always accessible to the rational mind. The Ikigai Coach may also suggest that the client test their options in reality, by setting up pilot experiments or prototypes, to verify their alignment with their Ikigai in a tangible way.

Beyond techniques, the Ikigai Coach must primarily cultivate a posture of non-judgment, curiosity, and trust in the problem-solving and decision-making process. The aim is to accompany the client with kindness and discernment, helping them to assume their choices and extract valuable learnings from them. The Ikigai Coach can encourage the client to celebrate their "small victories" and capitalize on their successes to reinforce their confidence in their ability to meet challenges. They can also invite them to see mistakes and failures as opportunities for learning and growth, by cultivating a mindset of resilience and perseverance.

By integrating problem-solving and decision-making techniques into their coaching, the Ikigai Coach provides the client with powerful resources to navigate their Ikigai path with agility and discernment. They assist the client in developing their autonomy, creativity and ability to make choices that align with their deep aspirations, even in an uncertain and changing context. By cultivating a partnership and co-creation relationship, the Ikigai Coach and the client can approach challenges as opportunities for learning and self-transcendence, in service of a life rich in meaning and fulfillment.

Takeaway points:

- Problem-solving and decision-making are essential for the Ikigai Coach in order to assist the client in facing the challenges and choices encountered in their quest for a fulfilled and aligned life.

- Root cause analysis identifies the underlying factors of a problem by iteratively asking the question "Why?". This helps the client act in a targeted and sustainable manner.
- Brainstorming stimulates creativity to generate a wealth of ideas without judgement. Techniques such as idea associations, analogies, or inversions encourage lateral thinking. The ideas are then evaluated based on criteria to identify the most promising ones.
- Decision-making tools such as the decision matrix or decision tree clarify the implications and consequences of each option in a rational manner.
- The client's intuition and feelings are also important. Techniques like visualization, meditation, or intuitive writing help them access their inner wisdom. Testing the options practically allows verification of their alignment with the Ikigai.
- The Ikigai Coach fosters non-judgment, curiosity, and confidence in the process. They encourage the client to celebrate their successes, draw lessons from their mistakes, and develop resilience and perseverance.
- By integrating these techniques, the Ikigai Coach enhances the client's autonomy and ability to make aligned choices, in a partnership and co-creation relationship.