



Life coaching finds its origins in various currents of thought and therapeutic approaches that have developed over the course of the 20th century. The roots of coaching are particularly found in humanistic psychology, which flourished in the 1950s and 1960s with emblematic figures like Carl Rogers and Abraham Maslow. Humanistic psychology emphasizes each individual's growth potential and capacity for self-determination. It considers the person in their entirety and seeks to promote their personal growth rather than focusing on their problems or shortcomings.

Another precursor to coaching is the human potential movement, which developed in the 1960s and 1970s in California. This movement advocated the idea that each individual possesses untapped resources and that it is possible to activate these resources to achieve a higher level of well-being and performance. Methods such as Gestalt therapy, transactional analysis or neuro-linguistic programming (NLP) emerged from this movement and influenced coaching practices.

In the 1980s, coaching began to develop as a discipline of its own, separate from therapy or counseling. Pioneers in coaching, such as Thomas Leonard or Laura Whitworth, laid the foundations of the profession by defining its ethical principles, key skills, and support processes. They emphasized the particular posture of the coach, who does not replace their client but accompanies them in clarifying their objectives and implementing their potential.

Over the years, various life coaching approaches have developed, emphasizing specific aspects of personal and professional development. Examples include:

- Existential coaching, which focuses on questions of meaning, values, and purpose. It takes inspiration from existential philosophy and Viktor Frankl's logotherapy.

- Identity coaching, aiming to clarify and affirm one's deep identity, beyond roles and social expectations. It draws on, among others, the work of Erik Erikson on psychosocial development.

- Talent coaching, seeking to identify and valorize the natural talents of each individual to enable them to thrive in their activity. It echoes the work of Donald Clifton and the strengths-based character movement in positive psychology.

These different approaches do not exclude each other but complement each other to offer a range of tools and perspectives in service of the client's development.

With the rise of coaching, many professional associations have been formed to structure the profession and guarantee its quality, such as the International Coach Federation (ICF) created in 1995. Skills referential and accreditation processes have been put in place to attest coach's professionalism. Many certified training programs have also been created to train coaches in best practice.

Today, life coaching is a rapidly expanding sector, increasingly recognized and sought after to support individuals in their quest for meaning and fulfillment. Faced with the complex challenges of today's world, many people feel the need to be supported to navigate life transitions, clarify their priorities, and dare to change. Life Purpose Coaching fits into this dynamic by offering targeted support for the quest for meaning and the realization of one's full potential, in service of a more aligned and fulfilling life.

Key points to remember:

- Life coaching has its roots in the humanistic psychology of the 1950s-60s, which emphasizes the growth potential and self-determination of each individual.

- The human potential movement of the 1960s-70s also influenced coaching, with methods such as Gestalt therapy, transactional analysis and NLP.

- In the 1980s, coaching emerged as a standalone discipline, with its ethical principles, key skills, and support processes.

- Different life coaching approaches have emerged, like existential coaching, identity coaching, or talent coaching, offering a selection of complementary tools.

- The rise of coaching led to the creation of professional associations, skill references, and certified trainings to guarantee the professionalism of coaches.

- Life coaching is today a rapidly growing sector, responding to the increasing need for

support in the face of the complex challenges of today's world.