



The essential qualities and values of the Ikigai Coach are the very foundation of their practice. They define not only their professional posture, but also their commitment to personal development and the well-being of their clients.

Authenticity is a key value for the Ikigai Coach. This means being true and sincere in their interactions, acting in line with their own values and principles. An authentic coach inspires trust and creates a safe space where the client can open up and explore deeply. The coach's authenticity encourages the client to also be authentic in their pursuit of Ikigai.

Integrity is another essential value. The Ikigai Coach must be honest, reliable, and consistent in their words and actions. They respect their commitments, maintain confidentiality, and act in the client's best interest. The coach's integrity lays the foundation for a relationship of mutual trust and respect.

Kindness is an indispensable quality for creating an environment conducive to exploration and growth. The Ikigai Coach provides positive and encouraging feedback to the client, values their strengths and potential. The coach's kindness allows the client to feel accepted, supported, and encouraged in their journey.

Curiosity is another key quality of the Ikigai Coach: a genuine curiosity for the client's inner world and unique experience. The coach asks open questions, listens attentively, and strives to understand deeply. The coach's curiosity stimulates the client's reflection and insight, inviting them to explore new perspectives.

Open-mindedness and flexibility allow the Ikigai Coach to adapt to the specific needs of each client. The coach welcomes a diversity of viewpoints, beliefs, and experiences. They are

prepared to adjust their approach and tools to what resonates best with the client. The coach's open-mindedness and flexibility foster a personalized and effective working alliance.

Finally, commitment to ongoing personal and professional development is a key value for the Ikigai Coach. This involves nurturing their own Ikigai practice, engaging in ongoing supervisions and training, staying abreast of advancements in their field. A coach committed to their own development inspires and models for the client a journey of lifelong growth and learning.

By embodying these essential qualities and values, the Ikigai Coach creates the optimal conditions to accompany the client in their quest for a more meaningful and fulfilling life. They become a kind and inspiring guide, a catalyst for awareness and transformation.

#### Key Takeaways:

- Authenticity, integrity, and kindness are fundamental values of the Ikigai Coach. They help establish a relationship of trust, a safe space conducive to the client's exploration and growth.
- The coach's curiosity and attentive listening stimulate the client's reflections and help them discover new perspectives.
- Open-mindedness and flexibility allow the coach to adapt to the unique needs of each client and personalize their approach.
- The coach's commitment to their own ongoing personal and professional development is crucial. It inspires the client and models a journey of lifelong growth.
- By embodying these qualities and values, the Ikigai Coach creates the optimal conditions to guide the client towards a more meaningful and fulfilled life. They act as a kind catalyst for awareness and transformation.