



Creating a space of trust and security is a fundamental skill for an Ikigai Coach. This is the sine qua non condition to allow the client to open up, deeply explore their inner world, and dare to change. Without this foundation of trust, coaching remains superficial and limited in its impact.

Trust is built from the first contact, through the quality of presence and listening of the Ikigai Coach (sub-module 6.1). By being fully attentive, compassionate and without judgment, the coach signifies to the client that they are in a space where they can authentically be themselves, with their strengths and vulnerabilities. Attentive silences, empathetic reflections and open questions (sub-module 6.2) are invitations to safely disclose oneself.

Confidentiality is a pillar of trust in the coaching relationship. The Ikigai Coach explicitly commits to respect professional secrecy and not to disclose any personal information without the client's agreement (sub-module 9.10). This confidentiality guarantee allows the client to approach sensitive or taboo subjects, without fear of being judged or exposed.

The clarification of the framework and rules of the game also helps to create a safe space. By specifying the objectives, practical modalities, roles and responsibilities of each party, the Ikigai Coach sets up stable and predictable markers. The client knows what to expect and can thus fully focus on their path.

The authenticity and congruence of the Ikigai Coach are essential to inspire trust. By aligning between what they say, what they do, and what they are, the coach embodies a reliable and integral presence. They honestly recognize the limits of their skills (sub-module 9.2) and model direct and respectful communication. This consistency reassures the client

and encourages them to be authentic too.

Emotional regulation is another facet of creating a safe space. The Ikigai Coach calmly and compassionately welcomes the client's emotions, even intense or uncomfortable ones. They help them to contain and explore them without being overwhelmed, by offering breathing techniques, centering or distancing (sub-module 8.6). By remaining stable and anchored in the face of emotional storms, the coach provides a reassuring point of support.

Valuing progress and achievements nourishes the client's self-confidence and trust in the coaching approach. By highlighting advances, however small, and celebrating "small victories" (sub-module 8.10), the Ikigai Coach strengthens the client's feeling of competence and security. They help them to develop a kind and encouraging look at themselves, conducive to exploration and risk-taking.

Finally, graduality and respect for the client's pace are paramount in maintaining a safe space. The Ikigai Coach moves step by step, constantly adjusting to the client's needs and comfort zone. They avoid hasty interpretations or brutal confrontations that might block or rush. While encouraging the client to step out of their comfort zone, they ensure that the challenges are within their reach, to preserve their feeling of safety.

Anecdote: Jeanne, a 35-year-old client, sought support to find a new professional momentum, after a burn-out. At the first session, she seemed reserved, answering questions briefly and avoiding personal topics. The Ikigai Coach then took the time to clarify in detail the confidentiality framework, specifying that Jeanne could at any time express her boundaries or discomforts. They also briefly shared their own experience of burn-out, to signify their understanding and absence of judgment. Over the course of the session, Jeanne relaxed and began to open up more, feeling that she was in a kind and safe space to explore her Ikigai.

By carefully cultivating this space of trust and security, the Ikigai Coach lays the foundations for profound and transformative support. They provide the client with fertile ground to unleash their potential, face their fears, and dare new possibilities. This relational skill, at the crossroads of empathy, ethics, and self-mastery, is truly at the heart of the Ikigai Coach's know-how.

Key learnings:

- Creating a space of trust and security is a fundamental skill for the Ikigai Coach, essential to allow the client to open up and deeply explore.
- Trust is built from the first contact, through the quality of presence and listening of the Ikigai Coach: full attention, kindness, non-judgment, attentive silences, empathetic reflections, open questions.

- Confidentiality is a pillar of trust. The Ikigai Coach commits to respecting professional secrecy.
- Clarification of the framework and game rules (objectives, modalities, roles and responsibilities) contributes to creating a safe space.
- The authenticity and congruence of the Ikigai Coach, aligned between what they say, do and are, inspire trust.
- Welcoming the client's emotions and helping them contain them is important for emotional regulation.
- Valuing the client's progress and achievements nourishes their self-confidence and trust in the process.
- Graduality and respect for the client's pace, by adjusting to their needs and comfort zone, maintain a safe space.