

Ikigai Coaching can come in different formats, each offering specific advantages and addressing a variety of needs. The three main formats are individual Ikigai Coaching, group Ikigai Coaching, and online Ikigai Coaching.

Individual Ikigai Coaching is the most personalized and in-depth format. In this context, the coach works one-on-one with the client, enabling full adaptation to the client's needs, pace, and learning style. Individual sessions foster creation of a space of trust and confidentiality, conducive to exploration of the most intimate and personal aspects of the Ikigai. This allows the coach to provide tailored support, using the tools and techniques most relevant to the client. This format is particularly suitable for those seeking intensive support and profound work on their Ikigai.

For example, a client in a professional transition might benefit from individual coaching to clarify their aspirations, identify their talents, and explore opportunities aligned with their Ikigai.

Group Ikigai Coaching brings together several participants around a common goal: the discovery and realization of their Ikigai. This format encourages peer learning, sharing of experiences, and group dynamics. Participants can inspire each other, support each other in their journey, and benefit from the diversity of perspectives. The coach facilitates exchanges, proposes collaborative activities and ensures that everyone can express their thoughts and receive constructive feedback. Group Ikigai Coaching is particularly suitable for those who appreciate the energy and stimulation of team work, while still benefiting from the coach's expertise.

Imagine a group of young entrepreneurs who participate in collective coaching to define the purpose of their project and ensure alignment with their personal values.

Online Ikigai Coaching offers great flexibility and accessibility, making it possible to follow a coaching program remotely, without geographic or travel constraints. Thanks to videoconferencing tools and collaborative platforms, the coach can recreate most of the conditions of in-person coaching remotely. However, this format requires adaptation of tools and communication to maintain commitment and the quality of the relationship. The coach needs to be creative in creating an atmosphere conducive to introspection and exchange, despite the physical distance. Online Ikigai Coaching is an ideal solution for those with busy schedules, reduced mobility, or those living in remote areas.

This is the case for a mother living abroad, who wishes to reflect on her Ikigai to give meaning to her life, while reconciling family and professional life.

The choice of Ikigai Coaching format will depend on the preferences and constraints of each client, as well as the specific goals of the coaching. It is possible to combine these different formats within the same program, in order to take advantage of each one's benefits. The key is to create optimal conditions to allow the client to explore his Ikigai in depth, in a way that is adapted to his situation and learning style.

Key points to remember:

1. Ikigai Coaching comes in three main formats: individual, group, and online, each offering specific advantages.

2. Individual Ikigai Coaching is the most personalized and in-depth, allowing complete adaptation to the client's needs. It is ideal for in-depth work and intensive support.

3. Group Ikigai Coaching encourages peer learning, sharing experiences, and group dynamics. It suits those who appreciate teamwork and the diversity of perspectives.

4. Online Ikigai Coaching offers flexibility and accessibility, enabling remote coaching. It requires adaptation of tools and communication to maintain commitment and relationship quality.

5. The choice of Ikigai Coaching format depends on the preferences, constraints, and specific objectives of each client. It is possible to combine different formats within the same program.

6. The key is to create optimal conditions to allow the client to dig deep into his Ikigai, in a way that's suited to his situation and learning style.