



Creating an Ikigai Coaching program is a crucial step in providing a structured and consistent accompaniment to clients. A well-designed program allows the client to be guided step by step in their exploration and realization of Ikigai, relying on a logical progression and clearly defined goals. Here are the main elements to consider when creating an Ikigai Coaching program.

First and foremost, it is vital to identify the needs, goals, and resources of the client. This involves an active listening phase and deep questioning to understand the client's aspirations, challenges, and specific context. The coach may use analysis tools such as the Ikigai evaluation questionnaire or the life wheel to obtain an overall view of the client's situation.

Imagine a client who wishes to achieve their Ikigai by creating a company with a positive impact, while reconciling their family life and associative commitments.

Based on this fine understanding of the client's needs, the coach can design a coherent and progressive journey, with clear stages and deliverables. This involves structuring the program into several modules, each with a specific goal and building on the achievements of previous modules. The coach ensures balance between exploration phases (self-discovery, clarification of values) and action phases (experimental, putting into practice).

For example, an Ikigai Coaching program could be divided into 3 modules: (1) Clarify one's Ikigai, (2) Align one's Ikigai with professional life, (3) Integrate one's Ikigai into daily life.

For each module, the coach chooses the most relevant tools, techniques, and supports to accompany the client on their journey. These could be visualization exercises, role-playing,

inspiring readings, creative challenges, or simulations. The challenge is to propose a variety of approaches to stimulate the client's thinking, insight, and engagement.

Imagine a module on value clarification, where the coach proposes that the client creates a "personal coat of arms" representing their key values, then puts them into action through a series of daily challenges.

An effective Ikigai Coaching program also integrates times for reflection, experimentation, and review between sessions. The coach suggests exercises for the client to complete independently, challenges to undertake, or journals to keep, to encourage the learning process. These intersession activities allow the client to appropriate the tools and put them into practice in their real life.

For example, the coach could invite the client to keep a "gratitude journal" today to cultivate their awareness of small moments of joy and meaning in their daily life.

Finally, an Ikigai Coaching program benefits from being adapted and adjusted based on the client's evolution and feedback. The coach demonstrates flexibility in responding to emerging needs and challenges encountered by the client during their exploration. Regular reviews allow celebration of progress, redefining of goals if necessary, and adjustment of the program to maintain the client's commitment and motivation.

Imagine a client who, during their program, realizes that their Ikigai involves a more radical career change than expected. The coach can then adjust the next steps to include work on managing change and mobilizing the necessary resources.

By creating a tailored, evolving Ikigai Coaching program anchored in the client's reality, the coach lays the foundations for meaningful and transformative support. Each stage of the program becomes an invitation to explore, experiment and embody one's Ikigai, for a more fulfilling life in alignment with deep aspirations.

Key points to remember:

1. Identify the client's needs, goals, and resources through active listening and analysis tools to obtain an overall view of their situation.
2. Design a coherent and progressive journey, with clear stages and deliverables, by structuring the program into multiple modules each with a specific goal.
3. Choose the most relevant tools, techniques, and supports for each module, proposing a variety of approaches to stimulate the client's thinking, insight, and engagement.
4. Integrate times for reflection, experimentation and reviews between sessions, proposing

exercises to be done independently, challenges, or keeping journals to encourage the learning process.

5. Adapt and adjust the program based on the client's evolution and feedback, showing flexibility in responding to emerging needs and challenges encountered throughout the exploration.