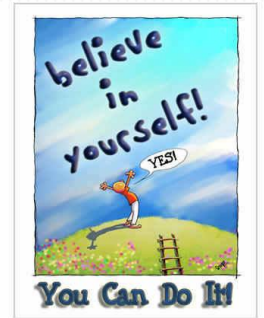


COACHING



What is Professional Coaching?

- a **continuous relationship** between coach and client focused on the person
- a personal and customised support over a **limited period** of time (1-3 months)
- a way to learn how to **progress in life**
- a process giving each client the necessary **structure** and feedback **leading to actions**

COACHING

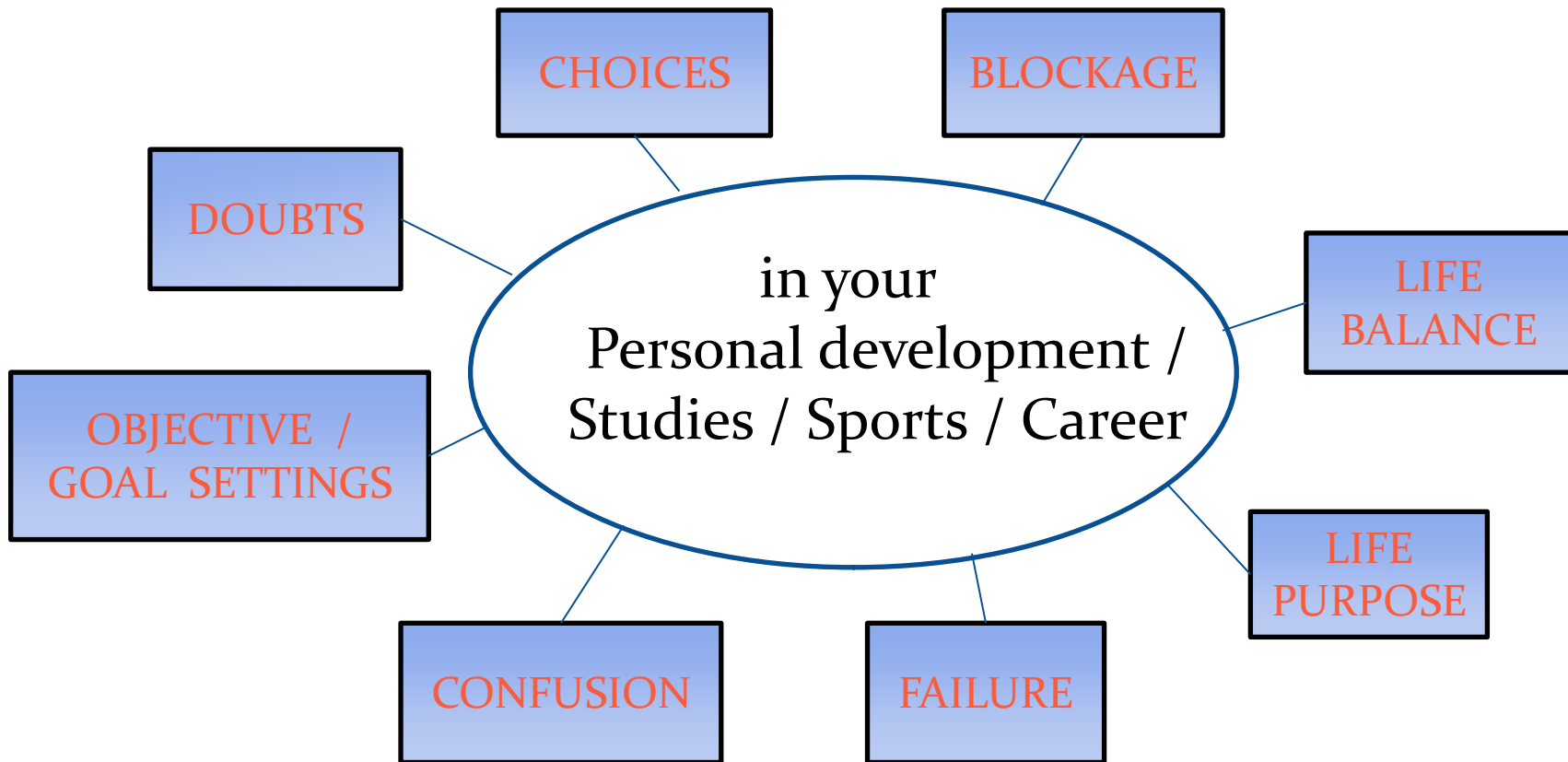


What are the fundamental principles ?

- each individual has a **unique** set of talents
- each individual **is responsible** for his own success
- each individual **has abilities** to be awakened/developed
- each individual **has the resources** needed to succeed

Coaching is powerful – Coaching helps individuals reach a specific goal while respecting their personal values.

FACING A SITUATION OF



GET A NEW VISION

TAKE A DIFFERENT PERSPECTIVE

A COACHING PERSPECTIVE

- **centered on the individual**
- a balanced approach that combines **Physical activity** with **Inner Personal Work** (Tennis)
- Raising **personal and environment awareness**
- **empowering** the individual, allowing **option's evaluation** and **facilitating choices**
- Enhancing **Person Responsibility** and **Self Esteem**

COACHING

Life coaching

LIFE & SPORT



Sport coaching (tennis)



- Raise **self-awareness** -> thoughts, emotions,
- Reinforce **your personality** and identity.
- Deal with **failure** & its origins
- Know your **values** and accept yourself

- Raise **self-awareness** -> choices, actions,
- Explore **your game** : technical, human
- Learn from **failures**, be responsible
- Unlock your assets and reach your **potential**

READY ?   JUST CONTACT ME !

English, French & Spanish
« First meeting free »

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