

For the past 25 years,
I have been

HELPING

professionnals like

YOU

BUSINESS

PSYCHOLOGY

Improve working life

RELATIONSHIP

MANAGEMENT

Empowering others

"Coaching is like
having a regular
conversation with
a trusted friend
with focus on your
success "



Institute of Leadership
and Management
International. USA

www.life-coach-for-you.ch

"Everyone needs a coach. It doesn't matter whether you are a basketball player, a tennis player, a gymnast or a bridge player. We all need people who will give us feedback.

That is how we improve". Bill Gates

While the coaching may vary in each case, typically it may include :

Bringing about behavioural change

Changer les comportements

Man management

Gestion des hommes

Team productivity

Productivité d'équipe

Practicing empathy

Pratiquer l'empathie

Setting and clarifying goals

Etablir et clarifier les objectifs

Growth mindset vs fixed mindset

Esprit de croissance vs esprit fixe

Practicing the importance of delegation

Pratique de l'importance de la délégation

Making a positive impact in a new role

Créer un impact positif dans une nouvelle position

"Sophie prides herself in being an understanding, honest and trustworthy listening partner.

She coaches and consults on the below subjects :

BUSINESS PSYCHOLOGY
RELATIONSHIP MANAGEMENT
PROFESSIONAL EFFECTIVENESS

Clarify your vision to attain your goals
Team building
Company culture
Individual and team well-being

Inspire and thrive
Build a culture of listening
Self-confidence
Build empathy
Use praise

Develop personal effectiveness
Improve time and task management skills
The Art of Delegation
Resolve conflicts

Vision et objectifs
Fortification d'équipe
Culture d'entreprise
Bien-être personnel/équipe

Inspirer et s'épanouir
Écoute active
Confiance en soi
Développer l'empathie
Valorisation

Efficacité personnelle
Gestion temps
L'art de la délégation
Résolution de conflits

Depuis 25 ans,
j'accompagne et

COACH

des professionnels
comme

VOUS

**PSYCHOLOGIE
EN ENTREPRISE**

**GESTION
DES RELATIONS**

"Le coaching est
comme une
conversation
régulière avec un
ami de confiance
focalisée sur votre
succès "



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