



Reveal Human Potential

Contact & appointments at:

afiacoach.com
info@afiacoach.com

FOR INDIVIDUALS

Coaching is a professional and personalized support process designed to enhance the coachee's sense of responsibility, autonomy in thinking, and action.

Examples of coaching assignments:

- **Strengthening self-confidence**
- **Help with decision-making**
- **Emotion management**
- **Stress management**
- **Finding your "why"**
- **Entrepreneurship**
- **And more...**

Formulas for individuals:

Coaching flash

1h-1h30

—

1h-1h30
online session

Short-Term Coaching

5h-7h

—

1h-1h30
online session

- 1 session to define your coaching goal
- 4 coaching sessions
- Final coaching review

Coaching transformation

10h-15h

—

1h-1h30
In-person
or online session

- 1 session to define your coaching goal
- 8 coaching sessions
- Midway progress review
- Final progress review
- Flexible format

Coaching typically consists of a series of one-on-one sessions between you and your coach, each lasting between 60 and 90 minutes.

Coaching sessions via Microsoft Teams videoconference are also available upon request. To maintain effective progress, the recommended frequency is:

- **1 week** between the 1st and 2nd sessions
- **2 weeks** between the 3rd and 4th sessions
- then **3 weeks** between sessions 5 through 10

MISSION AFIACOACH



We support individuals, teams, and leaders throughout their transformation journeys.

Our mission:

To help each person align professional success, personal well-being, and purpose in their work.

Our ambition:

To strengthen resilience, foster psychological balance, and promote sustainable performance.

We work alongside managers and executives to:

- **Make better decisions,**
- **Turn those decisions into concrete actions,**
- **Ensure long-term success.**

Since 2023, we've been putting our expertise and passion into delivering tangible, measurable results. According to an ICF study involving 10,841 participants, the key benefits of coaching include:

- **Improved communication skills (42%)**
- **Increased self-confidence (41%)**
- **Greater productivity and better work-life balance (38%)**

Coaching is not just a performance tool: **it's a catalyst for lasting transformation, for you and your teams.**

« The only knowledge that can influence an individual's behavior is that which he discovers for himself and appropriates. »

— Carl Rogers

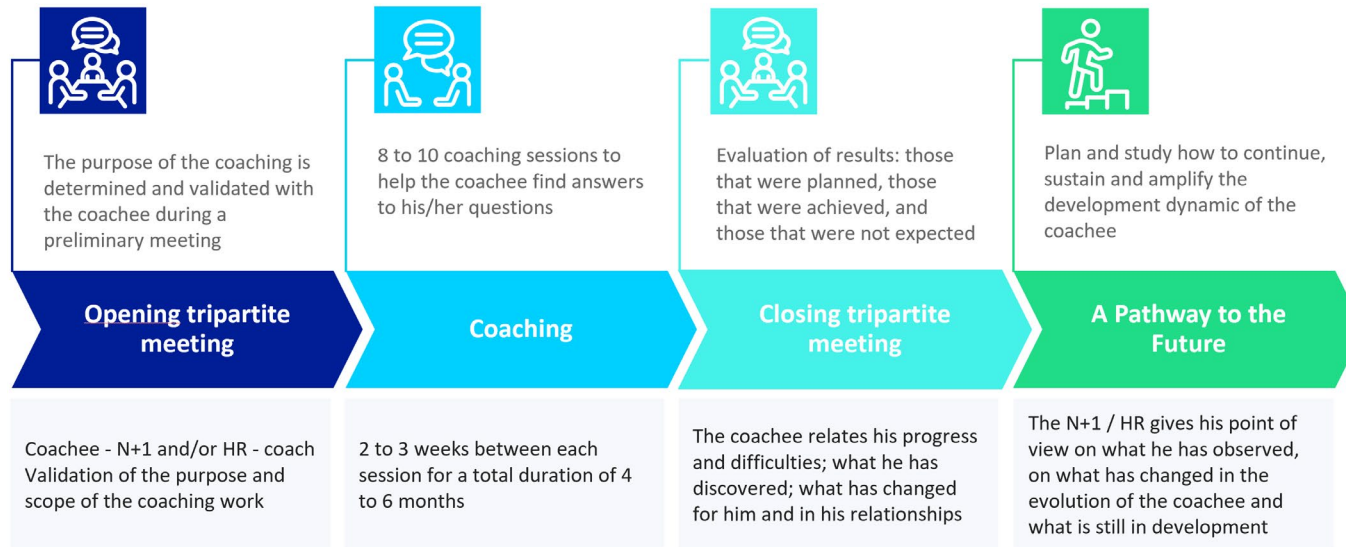
WHAT IS EXECUTIVE COACHING?

The coaching practice is a professional and personalized guidance aiming at increasing the responsibility and the self-reliance of the coachee in thinking and acting.

Examples of executive coaching:

- Executive coaching for leaders and Executive Committees
- Leadership & Talent Coaching

- Develop communication within the company and the managerial posture
- Coaching for a new position or a change of position
- Increase self-reliance in complex situations
- Coaching of young graduates
- And more upon requests



Formulas for companies:

Coaching online 10h-15h

—
10 sessions of 1h-1h30
online session

Your coach adheres
to a professional
code of ethics.

—
See the charter at
afiacoach.com

Short-Term Coaching 7h-9h

—
For professionals only
in person or online

- 1h Initial meeting with the coachee
- 1h Opening tripartite meeting
- 4 sessions of 1h to 1h30 each
- Final assessment
- 1h Closing tripartite meeting

Executive Coaching 11h-15h

—
For professionals only
in person or online

- 1h Initial meeting with the coachee
- 1h Opening tripartite meeting
- 8 sessions of 1h to 1h30 each
- Midway progress review
- Final assessment
- 1h Closing tripartite meeting
- Flexible format

YOUR COACH



*My approach:
coaching that
blends technical
expertise with
human support*

A journey dedicated to your success

- Founder and CEO of AFIACARE, a key player in global healthcare transformation
- Certified executive coach (RNCP – HEC Paris), offering structured and human-centered guidance
- Executive MBA – HEC Paris, providing strategic insight into business transformation
- Biomedical engineer (Polytech Lyon), with over 500 medical equipment deployment projects in hospitals and clinics
- Lecturer in healthcare systems interoperability (Université de Technologie de Compiègne – Master's level)
- Advocate for inclusive healthcare, volunteer with Bip Humanitaire

Working Together

To unlock your full potential.
Three key elements are essential
to this process:



Intention



Attention



Connection

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