

Press Release

Septembre 2015

*1st exclusive life coaching  
federation in France !*

**2015** Creation  
of the  
**FEDERATION OF  
LIFE-COACHING**

*Experience the life coaching  
accompagnement*



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# Life-Coaching ?

**A PROFESSIONN !**

*« Life-Coaching must be learned. »*

**We define Life-Coaching as accompanying a person on their way to self-fulfilment through accomplishing personal and/or professional objectives. This sort of accompaniment cannot be improvised. Life-Coaching must be learned. The required expertise of the Life-Coach is based on knowledge of what it means to be a human being, on know-how in accompanying and on taking responsibility for the relationship with the customer. To become professional, the coach must combine not only technical experience and theoretical knowledge but also fruits of his/her own personal development.**

*« The FCV works at the recognition and regulation of the life coaching profession »*

**Professionalization suggests training of those whose aim is to work in a professional environment. This requires a continuous effort in evaluation, adjustment, validation of competences, supervisions and a certified itinerary respecting the FCV's ethical rules and charter of deontology.**



*FCV President*

## How was the Federation of life coaching born ?

*« A humanistic vision of life coaching »*

**« The federation was born from the lack of federating structure specific to the profession of life coaching. Furthermore, not wishing to restrict life coaching to a single dimension of performance, FCV distinguishes itself by establishing necessary requirements in the practice, like the respect of a code of conduct, an ethics charter, as well as the implementation of an accompaniment relationship and a humanistic approach to life-coaching. »**

# Federation of Life-Coaching

## WHAT FOR ?

The aims of the FCV are :

- To federate present and future professional Life-Coaches around ethical rules and a charter of deontology.
- Develop a vision of the Life-Coach profession which is focused on humanistic ideas.
- To bring together and promote Life-Coaches who are certified and regularly supervised.

« To federate present and future professional Life-Coaches around ethical rules and a charter of deontology. »

- To identify and group the Life-Coach training centres which correspond to the membership criteria of the FCV.
- To bring together motivated professionals to take a step back from the profession of Life-Coach, to question and to reinforce their expertise.
- To contribute to the development of Life-Coaching in France and the world.



## OUR VALUES

### ACCOMPANYING

and building on humanistic values is a guarantee of self-fulfilment and well-being.

### RESPECTING

the diversity of beliefs, ideas and ambitions of everyone is a way of basing a relationship on mutual trust.

### LISTENING TO

and accepting the person wherever they're at and wherever they want to go is a commitment to accompanying them in a benevolent and authentic fashion.

### SUPPORTING

the capacities of a human being with trust is to encourage them to find their own solutions.

### ENSURING

confidentiality is respecting the client and the relationship.

### COMMITTING TO

reinforcing the autonomy of the person is an assurance that their needs and values are taken into account.

### RECOGNISING

each person's uniqueness ensures that the path followed during the coaching process has meaning.

## Who are we ?

The federation of Life-Coaching groups together Life Coach professionals (trainees, certified Life-Coaches, certified training centres).

The professionalization process supported by the FCV is based on a charter of deontology and ethical rules which all members are required to comply with.

« The federation of Life-Coaching groups together Life Coach professionals »

## OUR AIMS

« Life coaching has  
now its own federation...  
the FCV ! »



### 1 • TO PROMOTE

life coaching, self-fulfilment and success factor.

### 2 • TO FEDERATE

certified life coaches, recognised training centers and their trainees around an ethics charter and a code of conduct.

### 3 • TO OFFER

to the public, individuals and professionals, a guarantee of reliability and efficiency of our certified members.

### 4 • TO REFERENCE

the coordinates of certified life coaches and of training centers, accredited by the FCV, on a national register.

### 5 • TO FACILITATE

the development, organization and recognition with the general public, public and private institutions, of accompaniment by life coaching.

### 6 • TO INCREASE

on a permanent basis the expertise linked to the profession of life coach.



Life-Coaching

# Life-Coaching PROFESSION

**This emerging profession has all the necessary criteria to be elevated as a profession : clients benefiting from professional accompaniment, certified training courses, specific know-how and personal qualities, a clearly defined professional identity as well as ethical rules and a charter of deontology which have been elaborated the FCV.**

**B**eing a Life-Coach cannot be improvised and must be learned. The required expertise of the Life-Coach is based on training, validation of knowledge, a certification and regular supervision. Being a Life-Coach is a long-term commitment. It requires permanent learning, deepening of knowledge and questioning one's own practice and positioning. As for every profession there is a basis, a corpus of must-have

knowledge which goes much further than simply acquiring tools and techniques. Though the latter participate and facilitate bringing out the contours of a given situation, it is the nature and the quality of the Life-Coach's positioning which bring about the necessary relational depth inherent to this profession.

Indeed, Life-Coaching is defined by the type of accompaniment. Its identity as a profession of accompaniment clearly delimits the outlines of its action. Life-Coaching is not assistance and it is different from a helping relationship such as psychotherapy.

*« Being a Life-Coach cannot be improvised and must be learned.. »*

« Life-Coaching is defined by  
the type of accompaniment »

In no way does it mean “nursing, healing and saving” the other person. Accompanying someone is “being alongside and being with” someone. Doing things in place of the other, imposing an opinion on them, giving advice or pushing them in a certain direction are not parts of Life-Coaching. The Life-Coach is not in charge of solving the problem of the other. Instead, he is supportive, encouraging and facilitating everything that could be done by the client so that he finds the answer on his own.

Life-Coaching is based on relational listening. The Life-Coach-coachee relationship requires a capacity to listen, to pay attention, an openness to the coachee wherever they're at and however he/she is feeling as well as a climate of trust. This listening is not only focused on what the client is saying. It covers the totality of the interaction in its silence and its words. The five senses discern, receive and amplify the level of openness of the Life-Coach. The client is encouraged to express himself/herself imagining and exploring and to create the emergence of his/her deep needs by the quality of presence, the caring neutrality, the unconditional acceptance of the Life-Coach. The coach is a “professional listener”. This needs, from his positioning as Life-Coach, openness, detachment and humanism. A Life-Coach at his/her rightful place in the relationship with the client is a professional who is welcoming, accompanying and creates the space for the coachee to become more autonomous. The Life-Coach facilitates the change initiated by the client by creating a setting based on confidence and respect.

This is a profession requiring training adapted to the relational specificity induced by the accompanying relationship. It makes it indispensable to do personal development work. The professional maturity of a Life-Coach is built on his/her capacity to question himself/herself, and on regular supervision. Constant deepening of knowledge, pushing back your own shadow zones, but also being cautious regarding the movements of one's own transfers... all this goes to show that the competence of a Life-Coach goes well beyond the simple use of the coach's tools however effective they might be.

The Life-coach is a mirror, “a reflecting surface” in front of which the client questions himself/herself, doubts, dares, articulates and acts! His task is to accompany the client during his evolution, his changing, we can even talk about his transformation. The coach helps to clarify the client's reflections, analyses and judgements. By the quality of his/her presence, the Life-Coach provokes awareness and modifications in the attitudes and decisions of the client.

The relational complexity which is present in the link between the Life-Coach and the client, the responsibility engaged by the relationship to the other and choosing the appropriate posture show very clearly that coaching cannot be improvised. Life-Coaching is a real profession. ■

(1) Charter of deontology and ethical rules of the FCV

(2) Federation of Life-Coaching  
[www.federationcoachingdevie.org](http://www.federationcoachingdevie.org)

(3) A listing of certified and authorized Life-Coaches is available on the FCV website

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