

Le coaching en entreprise : Phénomène de mode ou réel accompagnement à la performance ?

Zoom sur le coaching



Le coaching est une alliance entre le coach et un/des coaché(s) dans un processus qui suscite chez eux réflexion et créativité afin de maximiser leur potentiel personnel et professionnel.

L'objectif

Permettre au coaché d'imaginer des perspectives inexplorées :
Regarder le problème différemment et
changer de perspective dans la recherche
de solutions et leur mise en œuvre.

30 -
40%

du budget d'entreprise
alloué aux formations est
désormais dédié au
coaching professionnel*.



Les principales raisons

#1 L'évolution des mentalités

Le coaching s'est
décomplexé et
démocratisé. On
n'attend plus que la
situation devienne grave
pour faire appel au
coaching.

#2 Le bien-être au travail

Offrir un coaching à
un collaborateur est
idéal pour qu'il
prenne confiance en lui
et s'épanouisse dans
son poste et ses
fonctions.

#3 La place des soft skills

Les soft skills sont clés
en entreprise,
mais plus difficile à
acquérir de manière
autonome que les
hard skills. La clé : le
coaching !

Les bénéfices

Pour l'entreprise

- #1 Favoriser la progression de
ses collaborateurs.
- #2 Améliorer la marque
employeur en permettant à ses
collaborateurs d'avoir un
temps dédié pour explorer
leurs problématiques.
- #3 Favoriser le bien-être au
travail.

Pour le coaché

- #1 Permettre au coaché
de changer de regard sur
une situation.
- #2 L'accompagner dans des
phases de transition
importantes dans sa carrière.
- #3 L'aider à prendre de la
hauteur sur sa pratique
professionnelle.



86%
des entreprises
disent vouloir
réitérer
l'expérience.



70%
des coachés ont
remarqué une
augmentation de
leur performance
au travail.



80%
des coachés ont
constaté une
amélioration de
leur confiance en
eux.

Infographie réalisée par :

Performanse

Sources : MobyOne

Spécialiste des soft skills et des sciences de l'évaluation depuis 35 ans, Performanse accompagne plus de 1500 clients sur leurs problématiques de recrutement, gestion de carrière et développement des compétences.

Regards Croisés Sur Le Coaching L'actualité De L'entreprise

Lauren Gardner



Regards Croisés Sur Le Coaching L'actualité De L'entreprise:

Unveiling the Magic of Words: A Review of "**Regards Croisas Sur Le Coaching Lactualita De Lentreprise**"

In some sort of defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is actually awe-inspiring. Enter the realm of "**Regards Croisas Sur Le Coaching Lactualita De Lentreprise**," a mesmerizing literary masterpiece penned with a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve to the book is central themes, examine its distinctive writing style, and assess its profound affect the souls of its readers.

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