



# Individual COACHINGS

(English Speaking countries)

By videoconference or by phone

(quotation on request)

## For EVERYBODY

You can **CHOOSE** to feel **BETTER** ♦ **BOOST** your **VITALITY**  
5 sessions of 1 Hour 30

## For the EMPLOYEES

AcC01	<b>STARTING afresh</b> ♦ <b>Progressing in OPERATIONAL</b> <i>For all functions.</i> Global duration, decided at the beginning : 12 to 20 hours ♦ divided in sessions
AcC02	<b>Develop one's POTENTIAL</b> , to contribute to the challenges of the Company <i>Talent management for your Key Employees</i> 1 hour exploratory session between the Coach and the trainee ; If he agrees, proposal is sent to company with global duration and financial quotation.
INDIV	<b>INDIVIDUAL</b> programs, declined in operational coachings (see enclosed list)

## For EXECUTIVES ♦ Business MANAGERS ♦ BOSSES

AcD01	<b>Taking up the every day CHALLENGES</b> in a <b>CRISIS</b> situation <i>Have a space for reflection, listening, resourcing,...</i> An exploratory appointment is offered. A personalized proposal is sent with a CV of the COACH Trainer.
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## For SELF Employed and LIBERAL Professions

AcPL01	<b>Address the UPS and DOWNS</b> of everyday life in a <b>CRISIS</b> situation <i>With more serenity</i> An exploratory appointment is offered. A personalized proposal is sent with a CV of the COACH Trainer.
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Call **Yacine BABAAMER** for Emirates + 971 56 213 99 60 or via BOTIM  
or **Eva DEPECKER** in France + 33 1 83 81 67 97 or + 33 6 50 19 18 78 via BOTIM

By mail [contact@iehp-int.com](mailto:contact@iehp-int.com)

**INDIVIDUAL programs**  
**declined in OPERATIONAL coachings**

<b>MANAGEMENT</b>
Acting as a COACH Manager, supporting your employees individually
EMOTIONAL Intelligence for a more human style of Management
<b>COMMUNICATION</b>
COMMUNICATE effectively in your daily life (using NLP tools)
Dealing with DIFFICULT relationships at work
<b>PERSONAL DEVELOPMENT</b>
Turning your EMOTIONS into a professional asset
TIME Management (projecting, deciding, scheduling,...)