



Cecile PETIT

COACHING · CONSULTING · TRAINING

Certified coach with an academic background in business and occupational psychology, +10 years of international work experience in coaching, consulting, recruiting.

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My work experience

Internal professional coach for a leader in the IT/Cloud industry in Lille (France)

Recruiter for a marketing agency and a leader in the entertainment industry in Toronto (Canada)

Senior change management consultant in an international consulting firm in Paris (France)

My education & professional development

Coaching certification (ACC), ICF

Co-active Coach Training Program, CTI, Toronto

Master Neoma Business School (SupdeCo), Reims

Bachelor's Degree in Occupational Psychology CNAM (continuing education), Paris

· Empowering the young generation to develop soft skills in order to lead meaningful work lives ·

➤ My beliefs on purpose at work

- I believe in the potential of the young generation who seeks meaning at work and want to be part of projects with positive impact. It means for organizations to create learning, innovative and collaborative environments where human values are truly embodied.
- Making a positive impact does not necessarily mean to work for a cause. We can find meaning in the way we behave, interact and act at work. In regards to the organizations, this implies to provide the resources for employees to produce quality work they can feel proud of.
- In a world where working processes get more complex and technologies change at a fast pace, making a positive impact requires the development of human, social, emotional skills also known as "soft skills".

➤ Services on 3 key dimensions to develop purpose at work



Self awareness and development

- Identify your strengths, values, barriers, leadership styles ...
- Develop your emotional intelligence
- Grow your confidence



Relationship with others

- Better understand others' working styles
- Develop relationship skills, resolve conflicts
- Develop a coaching posture



Work as an activity or project

- Define a professional project and a development plan
- Take a step back on working situations
- Bring purpose, trust, well-being within organizations

Examples

➤ A facilitator posture within the professional ecosystem

I work with higher education institutions, organizations and individuals to:

- Facilitate the development of soft skills at the individual and collective level.
- Connect the world of education / continuing education with the world of work.



➤ Customized formats depending on your needs

COACHING

- Individual coaching
- Collective coaching
- Co-development sessions

CONSULTING

- Audits & action plans on soft skills development, purpose at work, career management
- Mediations

TRAINING

- Workshops
- Classes, conferences
- Training sessions

➤ A co-active and humanist approach

- A developmental method to activate your own resources and/or collective intelligence
- A balance between reflection, active participation, experimentation, presentation of key concepts
- Key values: active and benevolent listening, respect, confidentiality