



Cécile 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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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)

Education

- 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

➤ My beliefs on meaning and purpose at work

- **Meaning and purpose have become central at work.**
Professionals and students want to have positive impact through their projects. It means for organizations to create a learning and collaborative environment where human values are truly embodied.
- **We can make a positive impact and find meaning in the way we behave, interact and act at work.**
It means for people to clarify their own sense of purpose. It implies for organizations to provide the employees with the resources they need to produce quality work they can feel proud of.
- **The development of emotional and relational skills also known as “soft skills” is key.**
Especially in a digital world where working processes are getting more complex, technologies are changing at a fast pace and Artificial Intelligence is growing.

➤ A facilitator posture within the professional ecosystem



My main focus is to facilitate:

- The development of emotional & relational intelligence
- The integration & development of the young generation at work

To empower students & professionals to lead meaningful work lives

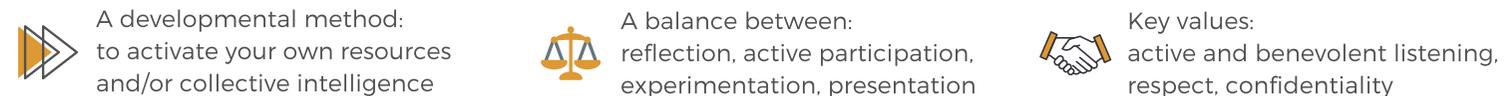
➤ Services on 3 key dimensions



➤ Customized formats tailored to meet your needs



➤ A co-active and humanist approach



For more information about my services for higher education institutions, organizations or Individuals, see the detailed presentations, or connect with me!



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Do you face these key HR challenges

- How to attract and retain young talents?
- How to provide a meaningful environment to employees while ensuring performance and customer satisfaction?
- How to create a learning, innovative and collaborative environment to develop the soft skills you will need in the future?

My beliefs based on my international work experience

- It requires a new touch to manage the young generation at work: they need purpose, learning opportunities, inspiring leadership and meaningful relationships at work.
- Learning and professional development are key elements of meaning at work.
- Coaching is a powerful approach beneficial to everyone in an organization regardless of his or her status.

My contribution and areas of expertise

To empower employees, managers & teams to lead meaningful work lives by developing emotional and relational skills - with a specific focus on the young generation at work



Connection to ourselves

- Increase self-awareness: values, interests, strengths, barriers, leadership styles ...
- Develop emotional intelligence
- Manage stress
- Grow confidence



Connection to others

- Give effective feedback
- Deal with conflicts
- Develop a coaching posture
- Manage / collaborate with the young generation
- Boost team cohesion



Connection to our work life

- Define a professional project, career or development plans
- Take a step back on working situations
- Bring purpose, trust, well-being within teams

Different formats based on your specific needs

COACHING

- Individual & collective coaching
- Flash Coaching (face-to-face or remotely)

CONSULTING

- Audits
- Co-construction of action plans
- Mediations

TRAINING

- Workshops
- Breakfast & Learn / Lunch & Learn
- Training sessions

My approach as a facilitator



Flexible and personalized



Based on employees' concrete situations



Easy, fun & rewarding



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Do you face these key challenges

- How to prepare the future professionals and leaders to thrive and adapt in a digital and tech world?
- How to train your students and trainees' so that they can develop the soft skills needed at work?
- How to facilitate your students' integration in an ever changing, complex and uncertain workplace?

My beliefs

- Crafting a career demands a high level of self-awareness and an ability to learn from experiences.
- Human soft skills like the ability to work with others, to lead, to adapt, to think critically, to take a step back and to make decisions will be all the more critical in world of technology.
- Hard skills and soft skills development could be well combined in academic or training programs.
- The world of work needs managers with a new vision of leadership to establish trust and a sense of purpose.

My contribution and areas of expertise

To empower students and trainees to lead a meaningful career path, develop their human soft skills and be prepared to thrive at work



Connection to ourselves

- Increase self-awareness: strengths, values, barriers, leadership styles ...
- Develop emotional intelligence
- Manage stress and grow confidence



Connection to others

- Collaborate within a team
- Deal with conflicts
- Give effective feedback
- Develop a professional network



Connection to our work life

- Clarify professional goals and projects
- Identify career steps
- Define a development plan
- Devise job searching strategies

Different formats based on your specific needs

COACHING

- Individual & Flash Coaching (face-to-face or remotely)
- Collective coaching

TRAINING / TEACHING

- Workshops
- Classes, conferences, seminars
- Training sessions

My approach as a facilitator



Flexible



Tailored to different learning styles



Fun and concrete



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Do you face these challenges

- Do you want to find more meaning in your work life?
- Do you struggle to take a step back on a situation at work?
- Do you need to boost your job search in a efficient and energizing way?

And...You have doubts and questions, you don't know where to start, who to talk to or where to find information, or you feel you are stagnating and need a boosting support to clarify your goals or your action plan?

My beliefs

- Work is a key factor of fulfillment in our life. As we spend a lot of time at work, let's clarify what brings meaning to us!
- We all have personal resources (interests, strengths, ...) and we can all develop new skills. Let's keep learning!
- Professional career is a challenging & stimulating journey. Let's regularly take a step back and reassess our goals!

My contribution and areas of expertise

To empower people to lead a meaningful work life by developing human soft skills with a specific focus on the young generation at work



Connection to ourselves

- Increase self-awareness: strengths, values, barriers, leadership styles ...
- Develop emotional intelligence
- Manage stress and grow confidence



Connection to others

- Give effective feedback
- Deal with conflicts
- Prepare a difficult or important conversation at work



Connection to our work life

- Clarify professional goals and projects
- Identify career steps
- Define a development plan
- Take a step back on working situations

Different formats based on your specific needs

COACHING (face-to-face or remotely)

Flash Coaching

A 1h coaching session to help you take a step back and come up with an action plan on a specific topic

1h session: 450DKK / 60€

To book a session, click here!

Programme Boost

4 to 10 1h coaching sessions to clarify your objectives and projects and then move forward

1h session: 750DKK / 100€

To book a free sample session, click here!

TRAINING

- Workshops
- Classes, conferences
- Training sessions

Price depending on the format

My approach as a facilitator



Personalized



Flexible



Fun