



FOR WHOM?

This program is designed for geoscientists & engineers who:

- want to boost or switch career
- take responsibility for their own professional development
- are prepared to deal with anticipated changes.



OBJECTIVES

Upon completion of the course, you will be able to:

- identify your strengths,
- recognize triggers of stressful situations,
- improve self mastery by increasing self awareness, self confidence and self control,
- define actions aligned with your goals, strengths & values,
- implement actions to kick-start your next career move.



COACHING TEAM

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OUR VISION

To help geoscientists and engineers navigate career challenges and opportunities inherent to decarbonization & energy transition.

The coaching approach encourages participants to maximize personal and professional potential by empowering them to plan actions, initiate changes, and track progress toward defined career goals.



OPEN
MIND

OUR MISSION

- Fostering open mind, open heart, open will
- Forming cooperative, enjoyable and supportive teams
- Enabling a cross-learning environment

OUR PROGRAM

The coaching program:

- consists of 5 weeks of action to establish new habits and achieve new objectives
- is composed of 6 online meetings of 2.5 hours with:
 - group coaching
 - presentations
 - self-paced activities.
- is organized through 5 contents:
 - Context Definition and Assessment
Who are You?
 - Goal definition - Vision & Strategy
Where would You like to go?
 - Manage life: balancing action, energy and direction
How would You like to go?
 - Learn and Adjust
Go!
 - Interdependence and Cooperation
Keep Going!



BALANCE
YOUR
LIFE



EAGE

NAVIGATING
CAREER CHALLENGES

Coaching Program

learning
geoscience

