



ICF Luxembourg Coaches are mobilising for you!
Volunteer and solidarity post-confinement support offer

Over the past several weeks, we have faced an unspeakable pandemic with the greatest possible determination. And soon we will be called upon to deal with a gradual return to normal life.

You are:

a professional in the health care sector, in social action, food, distribution, education, self-employed or responsible for VSE or SME-type companies

then this initiative is for you!

We are *certified coaches and members of the International Coaching Federation of Luxembourg (ICF Lux):*

who have decided to **support and accompany** you during the next few weeks in order to help you overcome this stage of the health crisis and approach the post-confinement period with the greatest possible serenity.

Here are some examples of issues you will have the opportunity to work on:

Coming out of isolation, getting up to speed, letting go, managing your emotional state, dealing with stress and anxiety, structuring and managing your priorities, maintaining your enthusiasm and commitment, getting back into action...

How does this work in practice?

A series of 3 sessions of one hour each will be **offered** to you free of charge by an ICF coach. The practical organisation of these sessions will be agreed with the coach assigned to you.

To take advantage of this process, simply send an email to info@coachfederation.lu . Don't forget to specify your mother tongue and the languages you are fluent in, specify in one or two sentences the object of your request and a phone number where you can be reached. A coach will contact you personally for a first exchange.

ICF professional coaches are all certified and follow the ethical standards and rules of deontology and discretion established by the International Coaching Federation. They will put their skills of active listening and awareness raising as well as their experience of coaching at your full service.

It is important to note that coaching differs from psychological services or psychotherapy in that it does not treat long-standing suffering or trauma of any kind. If necessary, the coach will refer you to the multilingual psychological support unit set up by the Luxembourg government.

Our aim and ambition is to provide a safe space for reflection for yourself as well as a time for sharing so that you can calmly tackle your challenges and develop your own solutions!

ICF is the largest coaching federation in the world with nearly 35,000 members in 140 countries. Its mission is to promote coaching to coaches and coaching clients and to safeguard the profession by establishing a strict framework and a rigorous code of ethics.
