

COACHING CHARTER

THE COACH'S COMMITMENT

Any professional coach trained by IDC must commit to adhering to the ethical guidelines outlined below.

The IDC Coaching Institute believes that professional coaching involves a continuous relationship focused on the client. It provides the support they require whilst working towards a specific goal: to achieve their objectives whilst staying true to their own values.

The IDC builds its approach on the following principles:

- Each individual has unique talents
- Each is responsible for their own success
- Each client has significant, often dormant, potential, that simply requires to be unlocked, developed and realised
- Each has all the necessary resources to succeed in both their professional and personal endeavours

On the basis of these principles, the coach is committed to:

- Guiding the client towards a resolution of their problems by exploring their own resources
- Helping them to clarify their values and align their actions
- Being mindful of signs that can spur the client into action
- Encouraging a proactive attitude
- Making each individual aware that they are responsible for every aspect of their lives

To assist clients in this process, the coach accompanies them on their "journey" rather than directing them; s/he applies active listening techniques and offers unconditional and non-judgmental support, along with encouragement, feedback and all the necessary tools that are instrumental to the coaching process.

Within the framework of their responsibilities, the coach guarantees the process rather than the result. S/he will promise to refer to an appropriate specialist anyone suffering from a severe psychological disorder or depression, with strong dependencies, phobias or other form of trauma or mental health condition. S/he promises not to engage in any psychological influencing techniques (including hypnosis) except with the express