



Coaching

” At **pdp**, coaching focuses on generating new possibilities and perspectives through both cognitive and somatic work. The goal is to help individuals expand their range of possibilities, broaden their vision, and develop their potential. The primary objective is to enable coachees to explore new ways of being, thinking, and acting, and to transform their challenges into opportunities. It’s about moving beyond habitual patterns of behavior to foster personal growth.

We use a variety of techniques such as somatic modeling, visualization, metaphor, iterative questioning, symbolic language, 360° feedback, role-playing, and centering exercises to help individuals access their own creativity. ”



Our various Coaching programs

pdp offers customized coaching programs designed for professionals at all levels, whether they are executives, managers, emerging leaders, entrepreneurs, project managers, or anyone looking to enhance their impact in a professional environment.

Leadership Coaching: Shine through authentic and deeply inspiring leadership

Executive Coaching: Gain perspective to orchestrate the company's key challenges

Generative Coaching: Unlock creativity to reveal the best version of yourself

Shadow Coaching: Follow the leader in action to uncover their development levers

Postural Coaching: Align body language with communication goals

Tandem Coaching: Invite two minds to foster the emergence of a shared vision

Team Coaching: Encourage the collective to emerge from individual strengths

The benefits of Coaching with pdp

- **Access** your resources and untapped potential
- **Develop** deeper vision, gain perspective, and achieve greater clarity
- **Establish** emotional calmness outside your comfort zone
- **Act** in new ways
- **Reach** your goals with confidence and ease
- **Strengthen** self-esteem and self-confidence