

A hand in a dark suit sleeve holds a silver compass with a black face and white markings. Another hand, also in a dark suit sleeve, points towards the compass. The background is a bright sunset over a hazy landscape. The text 'THE EMPOWER US COACHING EXPERIENCE' is overlaid in the bottom left corner, and 'Dare. Act. Succeed.' is overlaid in the bottom right corner.

THE EMPOWER US
COACHING
EXPERIENCE

Dare. Act. Succeed.

The Empower Us Coaching Experience

A coaching experience like a rare pause. A space outside the everyday, where high standards meet human depth.

- 🎯 Here, there is no generic advice: every exchange is tailor-made, like a one-of-a-kind piece.
- 🔑 Your vision becomes clear.
- 🚀 Your decisions become aligned and powerful.
- 💡 Your posture becomes confident and inspiring.

Because real coaching does not just change your methods.
It changes the way you move forward.



Empower Us, because real coaching does not change you.
It reveals you.

INDIVIDUAL COACHING

Our promise:

- A coaching experience built on high standards and care
- A deep, technical, and human experience
- Real, lasting, and measurable transformation



Our Empower Us Coaching approach

Our signature: high standards + humanity = real impact

1 Setting objectives

🎯 Clear, precise, and ambitious framing: defining the stakes, expectations, and success indicators.

🔍 Analysis of the individual and organizational context to build tailor-made support.

2 The core of the sessions

🕒 Sessions of 1 to 1.5 hours, dynamic and structured.

🔧 Proven methods, NLP, emotional intelligence, transactional analysis, systemic coaching.

💛 A rhythm that combines exploration, action, and immediate feedback.

3 Support between sessions

📌 Practical tools, concrete exercises, real-life scenarios.

📅 Personalized follow-up to anchor the learning.

⚡ Full commitment from both coach and coachee to turn progress into tangible results.

4 Closing & transformation

📊 Review of progress and measurement of results.

🌱 A projection toward autonomy and a sustainable action plan.

🌟 A memorable experience that transforms posture, perspective, and everyday impact

Our Empower Us Team Coaching approach

A collective is not declared, it is built.

At Empower Us, we unlock the power of a team by working on dynamics, trust, and collective performance.

Our promise: to turn a group of talented individuals into a true strategic force.

🔧 Approach & techniques

- Clear definition of collective and individual objectives
- Team diagnostics, MBTI, DISC, sociogram, 360° feedback
- Collaborative coaching sessions, collective intelligence, co-development
- Role plays and simulations in real-life contexts
- Follow-up and anchoring of progress with performance and climate indicators

⚡ Expected impact

- Strengthen cohesion and strategic alignment
- Improve communication and decision-making
- Build a culture of trust and commitment
- Turn the team into a lasting driver of performance

TEAM COACHING

Turn a group into a true collective, aligned, engaged, and high-performing, without losing the human dimension.



TEAMBUILDING

Create memorable experiences that bring people together, inspire them, and leave lasting energy within your teams.



Our Empower Us TEAM COHESION approach

Experiences that leave a mark, teams that grow.

A good team building experience is not just about a fun activity.

It is a memorable experience where enjoyment and learning come together to create lasting memories, strengthen bonds, and lay the foundations for durable collaboration.

Approach & formats

- Experiential and immersive workshops, corporate theatre, collaborative escape games, creative challenges
- Innovative approaches: forum theatre, design thinking, outdoor learning
- Tailor-made themes: trust, cooperation, inclusion, collective leadership
- Structured debriefing to turn the experience into operational levers

Expected impact

- Create a climate of trust and mutual support
- Develop collective agility in the face of challenges
- Strengthen the sense of belonging and team pride
- Leave a lasting emotional and positive imprint

EXPERIENCE Empower Us

✦ **A coaching experience with Empower Us** is not just one more appointment in an already overloaded schedule.

It is a ***demanding yet caring pause***, a space where you step back, dare to see things differently, and leave with **concrete and powerful keys**.

👤 **In individual coaching**, it is a meeting with yourself: ***clarifying your goals***, removing your barriers, and strengthening your leadership.

💛 **In team coaching**, it is a shared movement: creating a dynamic that aligns strengths, breaks down silos, and accelerates cooperation.

🚀 **In team building**, it is a vivid and memorable experience: moments that combine ***intensity, emotion, and lasting learning***.



Your challenges are unique. So are our solutions.