



BROCHURE

LUXEMBOURG

CONTRESENS

Step back
to go further.

Professional and personal coaching for business leaders, teams,
managers, families and individuals.

ENDURE → LEAD REACT → DECIDE SCATTER → ALIGN

Your business needs you. *So does your life.*

CONTRESENS supports business leaders, teams, managers, families and individuals. At work and in personal life, in times of pressure, change or decision.

WHY COACHING

People do not come because everything is going wrong. They come because a decision, a tension or a transition calls for an outside view. At work and at home.

Endure → Lead

React → Decide

Scatter → Align

FOR

Business leaders

Teams

Managers

Entrepreneurs

Families

Individuals

More clarity, aligned priorities and decisions made with full awareness.

Business and life.

Both matter.

AT WORK

Leaders, teams and managers

Stress and pressure

Regain room to manoeuvre when the workload builds up.

Emotions at work

Understand and manage what is at play in decisions and relationships.

Work organisation

Clarify priorities, roles and delegation.

Recruitment

Define the need and help you choose the right candidates.

Management and cohesion

Defuse tensions and get the team working together.

Transitions

New role, growth, reorganisation, succession.

IN PERSONAL LIFE

Families and individuals

Life decisions

Change course, move, retrain.

Balance

Realign professional and personal life.

Family relationships

Communicate better between partners, parents and children, generations.

Self-confidence

Find your place again and dare to decide.

Turning points

Birth, separation, children leaving home, retirement.

Managing emotions

Put words to what you are going through, and move forward.

Clarity. Alignment. *Decision.*

Four focus areas. Each programme combines them according to your goals.

<p>CONFUSION →</p> <h2>Clarity</h2> <p>A space to think in times of pressure, change or decision.</p>	<p>BEING TORN →</p> <h2>Alignment</h2> <p>Reconnect professional ambitions, personal priorities and family life.</p>
<p>MISUNDERSTANDINGS →</p> <h2>Relationships</h2> <p>Work on communication within teams, families and between partners.</p>	<p>EXHAUSTION →</p> <h2>Endurance</h2> <p>Preserve energy, meaning and decision-making capacity over time.</p>

OUR TOOLS

Dialogue remains at the heart of coaching. It draws on practical tools, chosen for your situation, to make what is unclear visible and move to action faster.

01 • Step back

See the situation from the outside.

Materials that help lay out the issues, the people and the priorities, to see them differently.

02 • Decide

Compare, then choose.

Simple grids to clarify the options, their consequences and what really matters to you.

03 • Move forward

Stay on course between sessions.

Written goals, progress summaries and sessions in person or by video call, to suit your schedule.

Tools are adapted to each person. They are neither tests nor diagnostic tools.

Four stages, *a clear path.*

Each session starts from your written goals. You see where you stand at every stage.

1

Interview

Understand your situation and check that coaching is the right fit.

2

Goals

Set out in writing what you want to change.

3

Sessions

Progress session by session, with regular reviews.

4

Review

Measure the progress made and anchor the decisions.

WHAT YOU KEEP

Three documents to measure what has changed.

Start

Written goals at the start of the programme

Ongoing

Summary at each review

End

End-of-programme review

Three formats, *the same high standards.*

LEADERS •
ENTREPRENEURS

Executive Clarity

One-to-one coaching to make a decision, go through a transition or regain the ability to lead.

On request, after an initial interview

TEAMS • MANAGERS

Teams & Managers

Coaching for managers and team sessions: cohesion, organisation, stress management and recruitment support.

On request, after an initial interview

FAMILIES •
INDIVIDUALS

Families & Individuals

Coaching for families and individuals, with individual or joint sessions depending on the situation.

On request, after an initial interview

Duration, pace and price are set in writing after the initial interview.

LOCATION

In Luxembourg or by video call.

CONFIDENTIALITY

What is said in sessions remains confidential.

COMMITMENT

Coaching relies on your involvement between sessions.

A confidential framework, *a pace set together.*

A programme built around your goals, with one dedicated coach from the first interview to the final review.

01 Initial interview

02 Written definition of goals

03 One-to-one sessions

04 Family or team sessions, where useful

05 Practical tools, chosen for the situation

06 Progress reviews

07 End-of-programme review

WHO DOES WHAT

CONTRESENS

Sets the framework, guides the thinking and guarantees the confidentiality of discussions.

You

Set your goals, commit to the process and make your decisions.

Health professionals

If a difficulty calls for medical or psychological care, the coach refers you to them.

THE COACHING FRAMEWORK

Coaching is neither therapy nor medical or psychological care.

No guaranteed outcome: coaching relies on your commitment.

Referral to a health professional if the situation requires it.



YOUR COACH

Emmanuelle Miceli

Director, CONTRESENS

One dedicated coach, from the first interview to the final review.

Tell us about *your situation.*

An initial interview lets us check that coaching suits you and choose the right format.

PHONE +352 691 113 018 // +33 6 63 67 10 91

EMAIL contact@mapasynergy.lu

WEBSITE www.contresens.eu

MAPA www.mapasynergy.lu

LOCATION Luxembourg or video call



Book
online

CONTRESENS is part of MAPA Independent Family House. Sessions are provided by MAPA SYNERGY S.à r.l., in Luxembourg. RCS Luxembourg B241974.

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