Sustainability Policy

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Introduction

Coaching and social responsibility are two disciplines that aim to put the individual back at the heart of decision-making.

I take an ecological approach to coaching, at both a personal and environmental level. At the personal level, an ecological approach means directing our energy towards what is most important to us, pacing ourselves and taking care of ourselves. At the environmental level, a sustainable balance requires each of us to be aware of and take responsibility for our actions towards ourselves, others, our environment, and the planet.

Being a coach allows me to contribute to sustainable development, which has to do with respect for the environment as much as with improvement of human values such as responsibility, dialogue, participation, sharing, exchange and cohesion around a project that has meaning for everyone.

Principles

I strive, in my personal life and in the conduct of my profession, to respect the following principles:

- Reduce
- Reuse
- Recycle

Responsible consumption

Consumption should be the exception, not the rule.

- I try to buy only what is absolutely necessary and unavoidable.
- My consumption choices are made, to the greatest extent possible, according to socially and environmentally responsible criteria.

Recycling and reduction of waste

I am committed to reducing my paper consumption:

- Printing reduced to a minimum: all absolutely necessary printing is done double sided and with two pages per side.
- All documents sent to clients are sent only electronically, or can be downloaded from my website.
- Paper and ink cartridges are recycled.
- Computer equipment is maintained for as long as possible through repair, and, at the end of its life, either donated to charity or recycled.

Travel

I am committed to reducing travel to a minimum:

- All coaching sessions are done remotely.
- No air travel to attend conferences on coaching.
- Peer exchange events are mainly carried out remotely (webinars, virtual meetings).
- Only public transport is used to attend continuing education activities.

Energy

I am committed to reducing my energy consumption by:

- Ensuring switches are turned off if not in use and lowering the temperature of the heating thermostat.
- Opting for digital sobriety as much as possible in my exchanges with clients.
- Using suppliers that are invested in energy transition (electricity, etc.).

Bank account

All bank transactions for my coaching business laetitia.coach are done through a sustainability purpose driven ethical bank which focuses its activities on environment, cultural and social themes.

Influencing coaching as a profession

I am a member of the Climate Coaching Alliance https://www.climatecoachingalliance.org/ , a group of coaches involved in integrating environmental issues into coaching and empowering coaching professionals to play their part in urgently needed action against climate change. In this context:

- I participate in peer exchange groups on the issue of coaching and climate change.
- I share materials and practices.
- I show an example by indicating on my website my membership of the Alliance and the content of my sustainability policy.

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Raising awareness among clients

Respecting the ethics of coaching and the contract with the client, and in line with my ecological approach:

- I always ask the organisations with which I work their sustainable development and climate policy.
- I include in the definition phase of the contract the question "How will our work fit into an ecological approach?"
- I invite clients to reflect on the ecological approach as it applies to the self, and I accompany clients in their investigation of the scope of their actions on themselves, others, their environment, and the planet.

I commit to reviewing this policy annually, and I am open to comments, feedback and feedback aimed at improving it.

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