

Elevate your personal and professional growth through coaching and self-discovery



ABOUT BAO ELAN VITAL

- Founded in 1999, BAO Elan Vital is a leading coaching institute dedicated to personal and professional transformation with a strong interest in societal themes as well.
- Our name reflects our mission:
BAO (Bouche à Oreille – word of mouth): Sharing, listening, and inspiring growth.
Élan Vital (vital force): Reconnecting with inner drive and authentic leadership.
- **Our programs** combine solid coaching methodologies with a holistic approach—integrating mind, body, and emotions— to foster personal and professional growth. Our methodology very much aligns with the IDGs’ framework, emphasizing inner capacities essential for sustainable development.
- **Our coaches and trainers** bring solid professional experience from the business world and/or nonprofit sectors before dedicating themselves to coaching and training. You will be trained by a diverse team of senior coaches sharing a proven methodology and the same humanistic values and interest for the living as a whole. They share the humanist and optimistic values that define our school. Additionally, they are extensively trained in group dynamics across multiple approaches and committed to continuous learning and supervision.



Our signature coaching certification journey consists of two progressive programs

1. EXPLORER - the foundations of coaching

EXPLORER is a transformational program for professionals, career changers, and individuals ready to deepen their self-awareness and coaching skills.

- **7 modules** combining theory, practice, and self-exploration. (7x2 days).
- **On weekdays** (Monday-Tuesday) - Once per month
- **Brussels-based** with an international cohort.
- **Small groups** for an immersive, high-impact experience.

You will gain:

- ✓ **Personal transformation:** Clarify your values, motivations, and aspirations.
- ✓ **Emotional competencies:** Develop and strengthen your emotional intelligence to build resilience and authentic connections.
- ✓ **Mind-body connection:** Learn how physical and emotional awareness enhances your coaching capabilities.
- ✓ **Coaching foundations:** Master active listening, powerful questioning, and effective communication.
- ✓ **Diverse learning environment:** Engage with a global community and expand your perspective.

The next **EXPLORER** program starts on **November 3, 2025**.



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<https://www.baoelanvital.com/>

2. DISCOVERER - deepen your expertise and prepare for certification

DISCOVERER focuses on advanced coaching techniques, supervised practice, and certification preparation. It is designed for individuals aiming to become professional coaches or enhance their leadership and management skills.

ICF Certification preparation: Optional add-on for those pursuing accreditation.



Join us on **May 26** for our **info session**

We look forward to meeting you soon!

More information & registration

