
COACHES' PORTFOLIO

COACHING ACCESS 2026



HEC
PARIS

LIFE PROJECT

FOREWORD

OUR COMMITMENTS

This Book is intended to present the selection of professional coaches of the "Coaching Access" offer proposed by HEC Life Project.

- All our coaches are certified by a recognised school and have a minimum of 200 hours of professional practice.
- A selection committee of experienced HEC alumni validates each application.
- The coaches are chosen for their listening skills, emotional maturity and authenticity.

THE COACHING ACCESS OFFER

- A 15-minute meeting with your coach before committing yourself (2 contacts possible)
- 3 sessions of 1 hour face to face or remotely, according to your preference
- A unique and negotiated rate especially for Alumni

OUR ENGLISH-SPEAKING COACHES

- **Isabelle DU CLUZEAU**
- **Laure FAU**
- **Sophie MARTIN-MONNIER**

RATES (3H FORMULA)

- HEC Alumni working members : 330€
- HEC Alumni job seeker members : 300€
- Non members or non HEC : 600€



ISABELLE DU CLUZEAU

Paris
06 85 22 58 94
isabelle.ducluzeau@icoach.paris

EXPERIENCE

Coach since 2009

Youth Track and Running Club, Los Angeles

Co-creation and Management

Scriptes, Amsterdam et Vienne

Marketing, consulting and translation work for Sport and IT sectors

Sage France

Responsible for client's communication tools

XI- Consult, Paris

Junior Marketing Consultant IT sector

EDUCATION

Coaching Certification (ICF/ACF) 2008-2009

Paris Dauphine University 1990

- Master's in Marketing applied to news Technologies

Paris X - HEC - ESSEC 1990

- Master's in Strategy and Management in Economics

Paris X 1985-1989

- Master in Economics
- Bachelor's in Communication and Journalism

OTHER

Corporate: Management, public speaking, Higher Impact © in Leadership, Mentoring

HEC Alumni and Station F: « Higher Impact© in Public Speaking »

ESTP: Communication and Management

Avarap (non-profit): Career transition Mentor

SKILLS

Business creation, Professional Shifts, New Position kick off, Management, Leadership and Inter Personal Communication Skills Development, Public Speaking Training, Assertiveness, Stress, Time and Conflict Management, Systemic coaching : 2023-25 ELANTIEL.



LAURE FAU

Paris
06 21 05 56 01
laurefau@mac.com

EXPERIENCE

Laurefau.com, Dublin, London, Paris, since 2006

1:1 and team coaching for executives and entrepreneurs

Ernst & Young, International Tax Services, London and Dublin, 1999-2006

Manager to Senior Tax Manager

PricewaterhouseCoopers, London, 1995-1999

International Tax Services

EDUCATION

On-going coach training including PNL, Systemic coaching, Generative coaching and Constellations

ACA, Associate Chartered Accountant, London (1998)

University College London (1994-1995)

• LLM Master of Laws

HEC Paris (1994)

ASSOCIATIONS

- Pro Bono Coach for On Purpose UK, a charity attracting and developing tomorrow's social enterprise leaders
- Facilitation of Career Transition Groups in the UK for Avarap (a French not for profit association supporting executives through career transitions)
- Mentoring social entrepreneurs with Entreprenre&+

SKILLS

1. Executive coaching:
 - 1:1 for senior leaders and founders
 - Executive team coaching
2. Training and coaching of managerial skills
3. Professional transitions with a specific focus on:
 - Preparing or accelerating accession to new roles
 - Maternity/parental transitions
4. Fluent in French and English.



SOPHIE MARTIN-MONIER

Paris
06 14 34 95 35
sophie.martin@cressens.com

EXPERIENCE

Career and transition coach - consultant - 9 years

Start-up Founder (SaaS platform related to career switch) – 3 years

Finance (audit, corporate finance, investment banking, risk project management) – 19 years

Expatriate USA – 7 years

EDUCATION

HEC Grande École 1985

Professional Certified Coach (PCC) from ICF (International Coaching Federation)

Certified DISC (communication) & **WPMOT** (motivations) & **EQ** (Emotional Intelligence)

English (bilingual), **German** (intermediate)

Professional Coaching certification, Coaching ways, RNCP 2.

Level PCC for ICF (International Coaching Federation)

OTHER

- Career group Coach AVARAP HEC & TREMPLIN – 4 years
- Associations: Réseau Entreprendre (Laureate & Coach) & 60000 Rebonds (Coach)
- Asage (Association Suisse des Amis des Grandes Ecoles), ExCom member
- MOOC: certified Science of Happiness (Berkeley) & Driving Change (ESSEC)
- MBSR Mindfulness Meditation

CONTACT



Marine Homo
marine.homo@hecalumni.fr
Project Manager HEC Life Project

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