# Official Programme
# Ikigai Skills Assessment

Vastes Ressources

**ONLINE · INDIVIDUAL COACHING · DELIVERED IN ENGLISH**

## 1 Overview

The Vastes Ressources Ikigai skills assessment helps you identify your personal, professional and motivational resources, in order to build a professional project that is aligned, realistic and sustainable.

## 2 Needs it meets

This assessment identifies your skills, motivations, areas of mobility, the feasibility of your project and its business model, and builds a structured action plan.

## 3 Learning objectives

- Identify your key skills and motivations
- Explore possible career paths
- Assess the feasibility of your project
- Define a consistent business model
- Build a structured action plan

## 4 Quality, satisfaction and expected results

Results for the period 1 January to 31 December 2025, covering all participants (all of whom completed the post-programme evaluation).

| 99% | 100% | 100% | 0% |
|---|---|---|---|
| Overall satisfaction | Objectives achieved | Would recommend the assessment | Drop-out rate |

| Indicator | Results |
|---|---|
| **Overall satisfaction** | 9.9/10 for the quality of the content · 10/10 for preparation, organisation, delivery and effectiveness · 100% of participants recommend the assessment · Overall rating: 10/10 for 100% of participants |
| **Achievement of objectives** | 100% feel the assessment met their career-change objectives · 100% say the final summary is complete and useful · Exercises, tools and materials rated relevant by 100% |
| **Drop-out rate** | No drop-outs recorded: 0% |

> **Expected results for the 2026 revised programme:** a clear project, an action plan, identified training needs, a consistent business model, your Ikigai statement and a complete summary. Return to employment or completion of the project is evaluated after 6 months.

## 5 Programme structure

The assessment follows the 3 phases required by law:

| Phase | Content |
|---|---|
| **1. Preliminary phase** *free, with no commitment* | Diagnostic interview, definition of objectives, choice of the format best suited to your situation and needs, joint agreement on how the assessment will run. |
| **2. Investigation phase** | 6 Ikigai blocks: career path, interests, values, mission, business model and environment. |
| **3. Conclusion phase** | Presentation of the summary and the action plan. |

**Format:** online, individual coaching, digital materials provided.

## 6 Duration and organisation

- **17 hours**, including 8 h 30 of video sessions and 8 h 30 of personal work (adaptable from 14 to 24 hours)
- 7 to 9 sessions, with no more than 15 days between sessions
- Maximum total duration: 3 months
- Optional follow-up after 6 months

## 7 Teaching methods

3A method, interviews, solution-focused coaching, introspection, career investigations, RIASEC test, videos and the Ikigai participant booklet.

## 8 Delivery

Live online sessions via Zoom; Vastes Ressources learning platform with 24/7 access to PDF and video materials; secure hosting (O2Switch server).

## 9 Evaluation

Initial and final self-assessment; validation of deliverables; summary combining the legal framework and the Ikigai approach; optional follow-up after 6 months.

## 10 Target audience

- Recent graduates
- Employees
- Civil servants
- People between jobs and jobseekers
- Any adult seeking balance and harmony at work

Open to everyone: whether you no longer feel in the right place in your company, or want to take stock, validate choices or feel reassured about a direction. Every assessment is different, and every participant has their own expectations.

## 11 Accessibility

Possible adjustments: pace, materials, audio, video formats.
Your accessibility contact: Audrey Trad (state-registered nurse) – autradpro@gmail.com

## 12 Staff

Audrey Trad – adult education trainer, certified in skills assessment and project management, expert in Ikigai and career change;
or Laura Simon, certified skills-assessment practitioner, trained in the Ikigai methodology at Vastes Ressources.

## 13 Technical resources

Zoom, Vastes Ressources learning platform, PDF materials, videos, RIASEC test, additional resources.

## 14 Quality indicators

Satisfaction, achievement of objectives, low drop-out rate, complete action plan, recommendation.

These indicators are assessed before and after each skills assessment, allowing us to analyse and adapt our content and delivery methods. Content and trainers are therefore evaluated systematically.

## 15 Quality commitment

Support compliant with Qualiopi and ISO 21001: confidentiality, neutrality, transparency, traceability, accessibility, personalisation and fairness.

## 16 Prerequisites

Being able to use Zoom, and having an internet connection and a computer.

## 17 Complementary support

Business creation; Ikigai of Life; AI and professional posture training; action coaching; entrepreneurial follow-up.

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