



The timeline and the life path are valuable tools in coaching LGBTQ+ people. They allow for exploring the unique path of each individual, giving meaning to significant events, and fostering a positive appropriation of one's history. By tracing the key stages of life, the person being coached can better understand where they come from, who they are, and what they want to aspire to.

The timeline is a chronological representation of the significant moments that have dotted one's existence. It may involve factual events (birth, moves, encounters, transitions, etc.) but also subjective experiences (realizations, internal changes, periods of questioning, etc.). The coach invites the person to visualize their life journey on a temporal axis, identifying the essential landmarks.

For LGBTQ+ people, certain events often have particular significance, such as the discovery of one's sexual orientation or gender identity, the first emotional and sexual relationships, coming out to friends and family, experiences of discrimination or support, activist commitments, etc. Tracing these pivotal moments helps to better understand their impact and their meaning in the construction of self.

The coach accompanies this exploration work with kindness and respect. They help the person remember the various stages of their journey, without judgment and at their own pace. Open-ended questions may guide reflection: "What are the strong moments that have marked your life?", "Are there pivotal periods in your journey?", "Which experiences have been particularly meaningful to you?", etc. The goal is to encourage a constructive rereading of the past, highlighting the mobilized resources and the learning achieved.

The life path deepens this approach by focusing on the meaning given to events and how

they are connected. Beyond simple chronology, it's about teasing out the threads, recurring themes, and dynamics that have shaped the journey. The coach helps the person identify the links between the different experiences, recognize repetitive patterns, and clarify the aspirations underlying their choices.

For example, an LGBTQ+ person may become aware of a deep need for freedom and authenticity that has guided their various life stages, from their early coming out to their involvement in activist causes. Another might realize that their romantic relationships have often been a source of suffering, connected to unresolved abandonment issues. Shedding light on these dynamics helps to better understand oneself and make more enlightened choices for the future.

The life path also encourages looking toward the future. By clarifying their profound aspirations and the meaning they wish to give to their existence, the person can define an inspiring vision and chart a path toward its realization. The coach assists them in identifying their dreams, values, and priorities, in connection with their LGBTQ+ identity but also in all dimensions of their life.

Take the example of Leïla, a 45-year-old cisgender lesbian woman, who is doing work on her life path with her coach. By retracing her journey, she becomes aware of the significance of her coming out at 20, experienced as a liberation after an adolescence marked by secrecy and internalized shame. She also realizes that her involvement in an anti-discrimination association was a major turning point, allowing her to transform her experience into a force for others. Bolstered by these realizations, she decides to commit further to training and mentoring young LGBTQ+ people, sharing her experience and contributing to social change.

The timeline and the life path provide an exclusive space for telling one's story and giving meaning to their history. They promote a positive reappropriation of the past, a better understanding of the present, and a constructive projection toward the future. For LGBTQ+ people, often marked by complex journeys and specific challenges, this work is particularly important. It reinforces a sense of coherence and continuity of self, incorporating gender identity and sexual orientation into a holistic view of existence.

The coach ensures that this exploration is carried out in a secure and caring environment, respecting the pace and boundaries of each person. They may suggest different tools to facilitate the approach, such as drawing up a timeline, writing a life story, or creative exercises around key moments. The essential goal is to foster a personal and embodied appropriation of one's history, in the service of enduring well-being.

Key points:

- The timeline and the life path are vital tools in the coaching of LGBTQ+ people to explore their unique journey, give meaning to significant events, and encourage a positive

appropriation of their history.

- The timeline is a chronological representation of the significant moments that have marked existence, including factual events and subjective experiences. For LGBTQ+ people, certain events such as discovering their sexual orientation, coming out, or experiences of discrimination, bear particular significance.

- The coach accompanies this exploration work with kindness and respect, helping the person recall the various stages of their journey without judgment. The goal is to foster a constructive rereading of the past, highlighting the resources mobilized and learning achieved.

- The life path deepens this approach by focusing on the meaning given to events and their connection. The coach helps the person identify the links between the different experiences, spot repetitive patterns, and clarify the aspirations underlying their choices.

- This work strengthens a sense of coherence and continuity of self, incorporating gender identity and sexual orientation into a holistic view of existence. It encourages a positive reappropriation of the past, better understanding of the present, and constructive projection toward the future.

- The coach ensures this exploration is carried out in a safe and caring environment, respecting each person's pace and boundaries. Different tools may be suggested to facilitate the approach.