



The anamnesis and collection of information constitute a crucial stage in the coaching process for LGBTQ+ individuals. This involves gathering relevant data on the person's life journey, identity, challenges encountered, and goals. This phase allows for the establishment of a solid base for support and the definition of a personalized action plan.

The anamnestic interview seeks to explore different dimensions of the person's life: their personal and family history, academic and professional course, emotional and friendly relationships, physical and mental health status, as well as their relationship to their gender identity and sexual orientation. The coach must exhibit active listening, empathy, and non-judgement to foster an atmosphere of trust conducive to confidences.

It is essential to adopt a kind and respectful approach, letting the person free to share what they wish at their own pace. The coach must be attentive to verbal and non-verbal signals, and adapt to the person's comfort level. It may be helpful to remind of the confidentiality framework to alleviate possible apprehensions.

The collection of information can rely on different tools, such as targeted questionnaires or evaluation scales. For example, Bem's gender identity questionnaire (BSRI) allows for exploring conformity to gender stereotypes. The Kinsey scale assesses positioning on the continuum of sexual orientation. These tools provide additional objective data to the clinical interview.

It is important to keep in mind that certain topics may be sensitive or painful for LGBTQ+ individuals, such as experiences of discrimination, family rejection, or violence. The coach must demonstrate delicacy and discernment in her/his follow-ups, and should not insist if the person is reluctant to discuss certain topics. The objective is to gather information

useful for support, not to force confidences.

Let's take the example of Sophie, a 25-year-old lesbian woman who is starting coaching to better assert herself in her professional life. During the anamnesis, she confided that she had suffered school harassment in middle school because of her sexual orientation, which affected her confidence in herself. This information sheds new light on her current difficulties and allows the coach to adapt his/her support by working on past wounds.

The anamnesis and collection of information must be carried out with rigor and methodology, while adapting to the uniqueness of each person. This stage lays the foundations of the coaching relationship and directs future work areas. It is part of a holistic approach aimed at supporting LGBTQ+ individuals in their self-realization and achieving their full potential.

Key points:

- The anamnesis and collection of information are vital to establish a solid base for supporting LGBTQ+ individuals and defining a personalized action plan.
- The anamnestic interview explores different dimensions of the person's life: personal and family history, academic and professional path, emotional and friendly relationships, physical and mental health, gender identity and sexual orientation.
- The coach must exhibit active listening, empathy, non-judgement and adopt a kind and respectful approach to foster a climate of trust.
- The collection of information can rely on tools such as targeted questionnaires (BSRI, Kinsey scale) to obtain additional objective data to the clinical interview.
- The coach must be attentive to verbal and non-verbal signals, adapt to the person's comfort level, and demonstrate delicacy and discernment in the face of sensitive or painful themes.
- The anamnesis and collection of information must be carried out with rigor and methodology, while adapting to the uniqueness of each person, in order to lay the foundations of the coaching relationship and to direct future work areas.