

Case Study – Life Coaching General

ID-GENERAL20080329

Overview

The client presented with the following general life coaching goals:

- To understand what life coaching is.
- To get an idea of where they could improve their life and be more than just “satisfied” but become truly “happy.”
- To learn how to set and achieve goals in general, as this is a life skill they feel they don’t yet have a grasp of.

The client admitted that they were a bit sceptical of the whole life coaching process but wanted to “give it a go” anyway and were open to seeing what happened as a result.

Methodology

The first approach we used was doing a Wheel of Life (Foundation) assessment where the client was able to rate their performance in the following categories:

- Health (mental, physical and emotional)
- Knowledge and Learning
- Social
- Family
- Financial
- Relationship with Self
- Relationship with Partner
- Spirituality
- Career and/or Business
- Giving to Others
- Giving to Self (honouring one’s own needs)

The client found this exercise very useful as it gave them an instant “snapshot” of their life as they saw it in that moment. The exercise then went on to look at more than just the client’s satisfaction in each area, but also the impact of both positive and negative attitudes, beliefs and behaviours in each area. We then explored how much “return on investment” the client received from their efforts, and ultimately measured how important the client felt each category was to them at this stage of their life.

We also explored a number of other coaching tools and models including:

- Values and Beliefs
- Fears (unknown, rejection, failure and success)
- Paradigm Shifts
- Personal and Professional Skills Inventory
- Coping with Change
- Schedule Choice Management (Time Management)
- Leaving the Comfort Zone
- Letter From the Future
- Roles, Rights, Responsibilities and Permissions
- Celebrating Achievements

And of course, we went through in great detail how to set and achieve SMART goals.

The client was very detailed focused and appreciated the forms and workbooks provided as structure for each exercise.

Regarding “happiness”, we used a number of assessments and models from the field of Positive Psychology, including the Vales in Action Signature Strengths tool.

We worked together weekly for four months, with a combination of in-person and phone coaching, with a fair amount of email support in between sessions.

Outcomes

The client identified a number of gains and achievements as a direct result of the coaching, including a heightened awareness of their entire life and attitudes and behaviours in each component of their life. They set new standards and values for themselves and designed processes to drive greater fulfilment.

The client also acknowledged that for the first time, they actually understood the mechanics of happiness and how they (the client) is personally responsible for making decisions which can result in their happiness and the happiness of others.

Contacts

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