

Case Study – Life Coaching Health

ID-HEALTH20080326

Overview

The client presented with the following health goals:

- o Lose 10kg
- o Quit smoking
- o Reduce stress

Additionally, the client identified that they had been keeping a particularly hectic work pace for a number of years and that their priority was their career over health.

Methodology

One of the first approaches we used was doing a Wheel of Life (Foundation) assessment where the client was able to rate their satisfaction, positive and negative attitudes and efforts, resources and importance across a number of categories:

- o Health
- o Knowledge and Learning
- o Social
- o Financial
- o Family
- o Relationship with Self
- o Partner
- o Spirituality
- o Career
- o Business
- o Giving to Others
- o Giving to Self (Honouring self-centric needs)

The client identified a number of related issues in each of the environments which helped support the creation of a few other goals, including utilising some quiet time more effectively to rest and meditate in order to reduce some stress. This also included setting some money saving targets as finances were also feeding the stress and impacting how the individual viewed the need to push themselves so hard at work.

We then also did a Wheel of Life (Health) exercise, which reviewed the following categories:

- o Mental
- o Physical
- o Emotional
- o Rest / Sleep
- o Nutrition
- o Sexual
- o Spiritual / Meditation
- o Relaxation / Fun
- o Wellness Team
- o Giving to Self

From here, we were able to isolate over 15 specific strategies which over three months or more would support the client in achieving their weight loss goal as well as becoming a non-smoker.

Regarding smoking, we also worked through the Becoming a Non-Smoker Workbook tool and created a thorough and realistic plan

Other tools/techniques used included:

- o Values Awareness, Definitions and Rules
- o Solution Focused Coaching
- o Cognitive Behaviour Coaching
- o Letter from the Future
- o Dreams / Goals Journal

We worked together on a weekly basis for three months and then moved to monthly after that for the next year.

Outcomes

The client lost 8kg during the first two months and was able to reach their final target of 10kg in three months.

The pre-quit plan for becoming a non-smoker was implemented by the end of the first month, and by the middle of the second month the client celebrated their quit-day, and hasn't smoked since. It should be noted that this objective was also reached with assistance from a number of other members of the client's wellness team, including their doctor.

Regarding stress, the client found that with positive changes to their physical health as a result of diet, exercise and becoming a non-smoker, that they were able to manage stress much more effectively.

The client identified that they had more energy and could focus better, and was also able to adopt a much more positive attitude about their career and work load.

Part of the new attitude, and some of the skills discussed during coaching, the client was able to demonstrate leadership behaviours such as delegation much more effectively.

Contacts

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