

Case Study – Life Coaching Men's Topics

ID-MEN20080414

Overview

The client presented with the following goals:

- o Needing to gain some emotional understanding and stability while going through a divorce
- o Wanting to establish what his life would/could be like after the divorce
- o Want to ensure a strong relationship with his kids, and if possible a good relationship with his former partner

It is also important to identify that the client was also working with a counsellor on a number of the emotional targets, and clear boundaries were set about what the counsellor would be working with the client on and what the coaching relationship would focus on.

Methodology

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

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

This exercise proved quite valuable as it helped the client identify how much was actually working well in his life, and that his entire life wasn't "downgraded" because of the divorce.

As a result of that exercise the client identified that the area they wanted to work on most, and felt was the most critical, was the relationship he had with himself, something we call the Partner Within.

Therefore, we used the Wheel of Life – Partner Within tool, which explored the following areas over five months:

- o Self-Awareness
- o Values Awareness / Foundation
- o Self-Acceptance
- o Self-Appreciation / Self-Worth
- o Self-Esteem
- o Self-Image / Attractiveness
- o Personal Development Plan
- o Honouring Needs
- o Self-Love
- o Commitment to Self

We also completed the [NBI Whole Brain Thinking](#) profile, which provided exceptional information to assist in understanding how he thinks and operates, and how he can recognise other thinking and operating styles in order to be more effective when relating with others.

This proved very useful in improving and building on relationships with his former partner (which helped with the negotiating of the settlement as well), his children and in new relationships he formed.

We worked together for a total of a year and a half with fortnightly meetings. This supported him throughout the divorce period and beyond. Now, we meet once every six months for a check in.

Outcomes

The client identified that he achieved the following items as a direct or indirect result from the coaching relationship:

- o More self-awareness than he had though possible
- o Peace with the settlement of the divorce and where his life is at
- o A great relationship with his children who all have also adjusted to the change well and commented on the positive and self-assured changes they saw in their father
- o A good relationship with his former partner
- o A satisfying and fulfilling personal life and career
- o Recognising that he is a whole person and doesn't need a partner to be "complete."

Contacts

To discuss your needs, please contact Noel Posus, Director and Master Coach for Incredible Awareness.

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