

Case Study – Life Coaching Relationships

ID-RELATIONSHIPS20080414

Overview

The client presented with the following relationship goals:

- o Wanting to be able to find a partner without having to hang out in bars or date online
- o Wanting to be able to enjoy a more fulfilling social life
- o Wanting to have more quality friends to have fun with
- o Wanting to feel complete

Additionally, the client also shared that they had ended a relationship about two years earlier and hadn't been on a date since.

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 (or satisfaction with that space of being single)
- o Spirituality
- o Career
- o Business
- o Giving to Others
- o Giving to Self (Honouring self-centric needs)

This is an important step as we needed to also be able to assess how supportive the total life environments are before we can explore options related to relationships.

It was also important to do the Foundation wheel first so that the model is known well enough by the client so that they're willing to explore the deeper coaching exercises to come.

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

- 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

This is the critical exercise to measure how the individual feels about themselves first, before we are able to explore options for finding a partner.

There's the cliché/philosophical comment, "One must learn to love oneself before they are able to fully love someone else, or to fully receive the love of someone else." This is what is meant by the "partner within".

We explored how the client viewed themselves, their strengths, opportunities, attributes, values and qualities. We also created a profile of the ideal partner as the client imagined and then compared how the client's profile may or may not be attractive to the ideal partner.

The purpose of this exercise is to check in to see if the client's ideals can be attained without much change on the client's part, or if the client has an opportunity to evolve and enhance skills and characteristics.

We agreed that "living life fully" was a behaviour that the client wanted to engage in and set goals for, versus setting a goal to meet the ideal partner. The client acknowledged that if they wanted to meet people, it needed to be from a social foundation and not an "I want a partner" foundation. Therefore, living life more fully would provide more social context and enjoyment regardless of whether, or when, a potential partner came about.

We worked together for six months with sessions every two weeks. This was necessary for the client to be able to try different approaches out and having enough time to do that before "reporting back."

The client expanded their social networks as well as expanded a number of horizons, achieving other life goals at the same time such as:

- o Learning to cook Asian foods
- o Learning to sail
- o Joining social clubs which went to movies and other outings together
- o Learned to dance the Salsa
- o Travelled overseas with friends

Outcomes

At the end of six months, we agreed to meet every three months and continue to do so. In this time, the client has had a few short term relationships and is enjoying life. The client also identifies that there is no longer a pressure to find "the" partner.

The client identified numerous outcomes from the coaching including:

- o Improved self-confidence
- o A more fulfilling life
- o A greater social network and more friends
- o Feeling balanced and not "lacking"
- o Feeling attractive from the inside out
- o And feeling they are complete on their own, for the first time in their life.

Contacts

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