

Case Study – Life Coaching Social

ID-SOCIAL20080414

Overview

The client presented with the following social goals:

- o Wanting to create a new circle of friends but not sure how
- o Wanting to end certain self-defined destructive behaviours associated with hanging out with the current group of friends
- o Feeling confident generally
- o Feeling comfortable and secure in stating what they want.

Other details include that the client is in their late 20s and is becoming more established in their career.

Methodology

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

- o Social with Self
- o Social with Family
- o Social with Friends
- o Social with Colleagues
- o Social with Partner
- o Social with Home / Neighbourhood
- o Social with Strangers
- o Social with Animals
- o Social Needs of Others
- o Social Needs of Self

This was an important first step to clarify all the environments in which the client is social, and what that means for each. The client identified the ideal situation for each category, was able to assess where they are at now, and therefore we could plot the steps necessary to achieve the ideal.

Also important is that as the client's primary need was around changing the friends social environment, it was good to clarify which other social environments were already working well so that the client's overall social needs can still be met while this change is occurring.

The client identified that the primary reason for the change is that the existing circle of friends are not very supportive for the client, who is now more focused on their career.

The friends seem to be the driver for “big weekends” which the client feels have a more destructive impact than they once did. We clarified that it is the client who wants something different and therefore the changes in the client’s attitude that are the drivers, and not the friends who aren’t on the same path.

We explored ways of communicating with the existing friends about the changes occurring and how to express needs. This was an effective strategy for some friends.

Overall, the client determined that the time with the old friends was good, but it was also OK and time to move on.

So, we worked on a number of new strategies that related to the client’s overall life interests of sports, nature and animals. For example, the client took up horse riding in the park again, an activity which used to be a regular part of the client’s life ten years earlier.

The client also determined that taking a Toastmasters course would be beneficial for both professional and personal reasons. On the personal front, it was agreed that being more confident when speaking, about any subject, can be a very attractive quality in a friend. This forum was also used to help practice talking about what the client wants for themselves, using a declaration model as part of the speech.

There were a number of Cognitive Behaviour exercises worked into the process as well, and the client kept a coaching and experience journal with them every day.

We worked together every fortnight for six months. After that period we met another three times over the coming year.

Outcomes

The client continued on their professional career track and achieved a number of advancements. Along the way, they developed a strong circle of professional relationships and also a personal relationship with someone from a different area of the business. Additionally, the client identified that they felt very comfortable with the new group of friends, and for the first time in a long time, felt like an equal friend.

Although the client still occasionally hangs out with the old circle of friends, that is more of an “event” as the client describes it than the typical weekend activity.

The client feels they have a far more well-rounded social life and was pleased at having the coaching support while designing a new environment.

Contacts

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