

Case Study – Life Coaching Spirituality

ID-SPIRITUALITY20080414

Overview

The client presented with the following spirituality-focused goals:

- o To learn to slow down
- o To develop skills in simply being quiet, such as meditation
- o To feel more connected to society, or humanity, than what they felt they were currently
- o To identify what “spirituality” meant to them.

The client also acknowledged that they didn’t necessarily felt they were spiritual in any sense, but did recognise that they needed to slow down, de-stress, and possibly pick up some of the “spiritual health” qualities that some of their more calm friends had.

Methodology

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

- o Overall Spiritual Health
- o Knowledge and Learning
- o Inner Peace
- o Being Present
- o Self-Worth
- o Self-Esteem
- o Self-Image
- o Connection / Inclusion
- o Supporting Others
- o Gratitude

One of the more significant outcomes of this initial exercise is that the client commented that they finally now understood that “spirituality” didn’t have to be some “airy, fairy, tree-hugger” stuff that they didn’t understand. They were grateful to learn that it could also be a scientifically backed field of personal development research that focused on what the client felt was important to feel good, as well as connected with the bigger picture of the world around them.

We spent some time coming up with some personal definitions of spirituality, and part of that exercise was to come up with the identification of the ideal state for each of the ten sections of the Spiritual Wheel of Life.

Then we were able to plot how the client felt today in each area, and therefore identify steps toward achieving the ideal.

It is also interesting to note that the ideal kept getting achieved, and then we'd have to set a new target. Once the client began the process, it was difficult to control the momentum.

Some of the field work exercises included:

- o Reading a number of books and articles and discussing their messages
- o Trying various meditation techniques
- o Learning to enjoy one's own company in silence
- o Worked with some various art forms
- o Conducted some interviews with inspiring people
- o Took a number of classes, including meditation

One of the biggest areas we worked on was identifying the client's values system, including defining each value and its rules and conditions. These values changed quite substantially over a year, as did the clients rules of behaviours and conditions.

We worked together in person every fortnight for just under a year. We decided to end the coaching so that the client could focus on independent growth for some time, and possibly moving on to a specialised coach if further external support was needed.

Outcomes

The client identified that not only were they able to come up with a personal definition of spirituality, they felt they also changed the entire structure of their life. This included a new system of making decisions and monitoring and evaluating their life.

They are now involved in a number of very fulfilling projects and keep in touch regularly saying each time how positively changed their life is.

Contacts

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

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