

THE WHEELS OF LIFE



CASE STUDY – FAMILY

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Case Study – Family Wheel of Life

Case Study Construct

All case studies for The Wheels of Life site have been compiled from real-life coaching sessions conducted by Master Coach, Noel Posus. That said, all identifiable client information has been removed, and where necessary, some specifics of the coaching process may have been edited to ensure anonymity of the client and/or to condense a lengthy coaching relationship into a smaller, more manageable format to read and study.

In some cases, a composite of various clients has been created to make a case study which covers more potential scenarios in one document.

These case studies are high level only and will not go into extraordinary detail regarding conversations between coach and client. The purpose of our case studies here is to be able to identify the presenting objective and/or issues of the client, and how The Wheels of Life tools supported the overall coaching process, and to explore the outcomes which can be both directly and indirectly related to the use of these tools.

Client Overview

The client presented with the following family-related life coaching goals:

- o The client identified that they had been estranged from their family for more than ten years after an intense family argument. They wanted to reconnect again as the client realised over time how important that connection might be and how differently the original argument was viewed with maturity.
- o The client wasn't too sure what exactly they wanted to get out of the reconnection and therefore wanted to explore that fully with a coach before actually making contact.
- o And the client wanted to develop a staged-approach strategy to rebuild these relationships, including having a strategy in place in case the request for reconnection with any family member was rejected.

The client also shared that the initial difference of opinion from the original argument was likely to still be present, but that the behaviours of the client at the time were inappropriate and unhelpful and today

the client feels more equipped to have relationships where such differences do not necessarily have to be destructive.

Wheel Scores

Below are the measures the client in this case study identified for themselves. Please note that in some situations, not every “pass” of The Wheels of Life tool the coach and client worked with, was necessary to complete. In such cases, that “pass” column will be left blank and a comment within the case study referencing that will be included.

KEY:

- SP Satisfaction Pass
- PP Positivity (attitude, energy and/or effort) Pass
- NP Negativity (attitude, energy and/or effort) Pass
- RP Resourcefulness (internal strength and return on investment) Pass
- IP Importance Pass

- NA Used if the client identifies the category is not applicable

Environment	SP	PP	NP	RP	IP
Partner	NA	NA	NA	NA	NA
Children	NA	NA	NA	NA	NA
Parents	1	3	8	NA	8
Siblings	3	3	8	NA	8
Grandparents	NA	NA	NA	NA	NA
Extended Relatives	1	1	1	NA	5
Previous Partners	5	5	7	NA	8
Social and Community	5	8	3	NA	10
Giving to Others	7	7	3	NA	10
Giving to Self	8	6	3	NA	10

Methodology

All pass scores shown in this case study were achieved in the first session with the client. As the client had a very narrow focus, we were able to spend more time in the first two hour meeting to thoroughly review the history and narratives about the family, the "incident" and the client's journey since then.

We also agreed to discuss the resourcefulness as a "cause and effect" conversation when going through the Positive and Negative passes.

After the Satisfaction Pass, the client identified that re-establishing contact with their parents and siblings was of the most importance.

The Positive and Negative passes brought out that there had been very little positive energy put in at all up to this point for the past ten years, and the client was reminded to mark their scores about how they felt today; in this moment. So in the Positive Pass where historically the figure would have been zero, on the day of the self-assessment the Parents and Siblings scores were a three because the client acknowledged now a need to connect and so that being positive, the score higher than in the past.

Similarly, the Negative Pass scores would have been historically higher in some situations (lots of anguish and pain) and lower in others (choosing to forget and/or not focus on the past pain), but that at the time of the marking the figures represented more the stress of connecting and the fear of rejection.

Interesting to note that during the previous ten years the client had focused on Social and Community as the "replacement" (client's words) to their family. For the most part, the client enjoyed this new larger community-based family, but now was beginning to feel that it wasn't enough and their real family was needed again for a sense of wholeness, or at the very least to "close the loop" (client's words) on unresolved business.

Through course of going through the Family Wheel of Life, the client also realised that previous partner relationships were also left as unresolved business and that there were no longer any strong connections with people who were once incredibly important. The client identified they also wanted to address this.

When viewing the Importance Pass, the client rated Social/Community, Giving to Others and Giving to Self as the most important acknowledging that these were the foundations required before any other goals could be achieved.

They also marked Parents, Siblings and Previous Partners as important but with a bit of trepidation, unsure of the outcome. The client wasn't willing to make these huge priorities although two of the three were the reasons for coming to a coach in the first place.

The homework assignment from the first session was for the client to write up what the perfect realistic scenario could be for each relationship environment. We added "realistic" into the mix because the client wasn't yet prepared to imagine that anything could be possible and wanted to leave a certain amount of safety in the exercise.

Our next few sessions worked through these scenarios and discussed them from a logical, practical and strategic perspective, but we did not make any commitments to any particular course of action.

The next significant homework exercise was for the client to write letters to each of the family member and previous partners that a reconnection was desired. These letters were not to be sent, but just written and discussed. Removing the pressure of having to send the letters was also a safety measure for the client.

Surprisingly, the client after discussing each of the letters and only making some minor edits did eventually decide to send each of the letters off.

The next sessions (a combination of in person and phone; sometimes weekly or sometimes after two or three weeks) were focused on addressing how the client was feeling after reconnections started to happen or if there had not as yet been any response.

These sessions discussed various communication skills, including how to articulately express the client's journey and present desire for the relationship, how to apologise, how to hold firm respectfully and most importantly, how to open up to ask and listen to the others' perspectives.

This was not always an easy journey for the client, and yet they remained strong throughout. At times, I was the sounding board for the client to talk through the various experiences and narratives in their head.

In some instances, we created very specific and micro strategies to address various key relationship points with various stakeholders.

We continued coaching for just over one year.

Outcomes

The client successfully reconnected with all of their siblings and one of their parents. The other parent decided it was best not to reconnect and provided their decision to the client in a manner which was respectful and the client accepted.

(Postscript – a few years after the client and I finished working together, the other parent eventually made contact on their own and they are currently working through rebuilding their relationship.)

The client was also able to develop a level of “peace” (client’s word) with some of their ex-partners; the ones where the client wanted that peace most. Those previous partner relationships which were not as important to reconnect with were mostly left alone.

In one instance, the client and a previous partner have since become best friends.

Finally, the client was also able to develop stronger community ties and was more dedicated to attending to their own needs, over time, as they become more successful at rebuilding some of these other relationships. The client attributed their enhanced relationship skills as having inspired this additional achievement.

At the end of working together, we completed another Family Wheel of Life assessment, the results of which are shown below.

Environment	SP	PP	NP	RP	IP
Partner	NA	NA	NA	NA	NA
Children	NA	NA	NA	NA	NA
Parents	7	8	2	NA	9
Siblings	8	8	2	NA	9
Grandparents	NA	NA	NA	NA	NA
Extended Relatives	5	4	1	NA	5
Previous Partners	9	8	3	NA	8
Social and Community	7	8	3	NA	10
Giving to Others	8	8	1	NA	10
Giving to Self	9	10	1	NA	10

Contacts

To discuss your ongoing development needs and/or any questions, please contact Noel Posus, Director and Master Coach for Incredible Awareness, which The Wheels of Life.

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