

THE WHEELS OF LIFE



CASE STUDY – FOUNDATION WHEEL

NOEL POSUS
SARAH HUE-WILLIAMS
CLAIRE STRETCH

Case Study – Foundation 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 general life coaching goals:

- o The client identified with feeling “stuck” and unsure what to change, or what direction to focus on to get “unstuck”
- o They knew they wanted to achieve more in terms of health and career, but couldn’t be more specific other than that they felt strongly something needed to change quickly
- o They hadn’t been to a life coach before and so were also curious about the process as compared to the many “self-help” books they had read but hadn’t accomplished much with.

The client also identified that they are methodical and process driven, although they also admitted they procrastinate frequently and do not often put the plans in their head down to paper.

Finally, the client indicated they wanted to see fast, measurable results.

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 |
|----------------------|----|----|----|----|----|
| Health | 6 | 3 | 7 | 5 | 10 |
| Knowledge & Learning | 5 | 2 | 2 | 6 | 7 |
| Social | 8 | 9 | 4 | 7 | 7 |
| Financial | 8 | 8 | 2 | 9 | 5 |
| Family | 4 | 1 | 5 | 1 | 4 |
| Partner Within | 6 | 5 | 5 | 5 | 10 |
| Partner | NA | NA | NA | NA | NA |
| Spirituality | 7 | 3 | 1 | 1 | 8 |
| Career | 3 | 7 | 9 | 5 | 10 |
| Business | NA | NA | NA | NA | NA |
| Giving to Others | 7 | 8 | 2 | 6 | 9 |
| Giving to Self | 4 | 2 | 9 | 1 | 10 |

Methodology

Once the Satisfaction Pass was completed, the client was asked to identify if there were any areas that stood out for them as being a priority to work on, with the reminder that the “lowest” scored items are not necessarily an indication that they’re a priority.

The client identified Health, the Partner Within and Career as their top areas.

We then explored each with the Positivity Pass, where the client identified that they have not been very positively active in attending to a number of things, and in some cases, haven’t done anything at all. Examples here included Knowledge and Learning and Family, where the client hadn’t really thought much at all about new approaches or opportunities.

On the other hand, the client identified that in the Financial environment, they were putting in a fair amount of positive energy, effort and had developed a great attitude over time. When asked where this positive attitude came from, they responded that it had been developed through their positive actions and involvement. As they created and followed through on plans, their outlook on finances also improved.

Interesting to note is that although the client puts in a fair amount of positivity into their career, they’re not enjoying the experience and it was tempting for the client to launch into the negativity story. We agreed to hold off on that until we finished with the Positivity Pass.

At this stage, the client identified that they had an opportunity to really shake up their thinking and to “stop being so lazy in so many areas”.

The Negativity Pass demonstrated there are some high stress levels regarding the environments of Health, Career and Giving to Self. This part of the process took more time as it was important for the client to share their experiences, stories and emotions. Once “vented” and in reviewing all of the negativity scores, the client came to the conclusion that they didn’t want to be so negative anymore and that the first thing they wanted to change was their general outlook.

This realisation fed well into the Resourcefulness Pass, where it became quite obvious that when the client is not putting any positive effort into attending to their own needs (Giving to Self) then there’s very little the “self” can do to support the whole person. The analogy used was asking a starving person to go run a marathon.

Whereas areas where the client identified examples of drawing on their inner strength to propel them forward, where areas where they had put in some positive energy and had tackled the negative energy. Again, the Financial environment was the ideal example here.

Finally, we explored the Importance Pass which went very quickly as the client was now far more aware of what was really important to them. Essentially, they identified they needed to focus on attending to their own needs, particularly around Health, Career and the Partner Within.

Although these were the same three areas the client originally identified after the Satisfaction Pass, they stated they were far more committed to these objectives now because they had a much better picture of the cause and effect of their previous actions (or inactions).

The next steps of the process involved:

- o Defining what 10, or the ideal, would look like for these three areas.
- o Identifying two or three strategies for each which could move the overall satisfaction score closer to the ideal. These strategies were for discussion purposes and not yet being asked for commitments.
- o After discussing the strategies, decisions were made about where to start, and specific goals written down in measurable terms.
- o Then one by one, we worked through complete project planning of each goal.

The overall process to use The Wheels of Life tool was two hours as part of an introductory session.

We continued to work together weekly for approximately four months, working through each of the plans the client made, including those added in throughout the relationship.

Outcomes

The client accomplished their initial health goals and continued to work on some longer-term strategies.

Additionally, the client up-skilled in a number of professional competencies and eventually where recruited by another company which resolved many of the previous career-related issues.

Most significant for the client was a dramatic increase in how they felt about themselves, talked to themselves internally and how they talked about themselves externally.

At the beginning of the fourth month, the client entered into a new personal relationship and acknowledged that the change in how they felt about themselves made a big contribution to how attractive they felt. Their new partner commented that one of the things that was so attractive about the client was their confidence in posture and speaking. This was a big shift for the client.

We concluded the coaching sessions by completing the Foundation Wheel of Life tool. The results are below.

| Environment | SP | PP | NP | RP | IP |
|----------------------|----|----|----|----|----|
| Health | 8 | 8 | 2 | 7 | 10 |
| Knowledge & Learning | 8 | 6 | 1 | 10 | 8 |
| Social | 8 | 9 | 1 | 8 | 5 |
| Financial | 8 | 8 | 2 | 9 | 5 |
| Family | 5 | 5 | 1 | 5 | 5 |
| Partner Within | 9 | 9 | 3 | 9 | 10 |
| Partner | 8 | 9 | 2 | 8 | 9 |
| Spirituality | 8 | 6 | 1 | 5 | 8 |
| Career | 8 | 10 | 2 | 8 | 10 |
| Business | NA | NA | NA | NA | NA |
| Giving to Others | 8 | 8 | 2 | 7 | 8 |
| Giving to Self | 8 | 9 | 4 | 8 | 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 service is a part of.

Noel Posus

E: noel@thewheelsoflife.com

W: www.thewheelsoflife.com

W: www.incredibleawareness.com

W: www.askacoach.com