

THE WHEELS OF LIFE



CASE STUDY - GIVING TO OTHERS

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Case Study – Giving to Others 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 Giving to Others-related life coaching goals:

- o The client stated they were very stressed about the environment of giving to others in their life because they felt they give so much to so many people but are not appreciated for it.
- o They also acknowledged that they may not be giving in appropriate ways and have received feedback from some that they're not giving enough.
- o Finally, the client also felt that nothing was ever going to be good enough, but they still continued to give way past their means and it was beginning to have serious health and financial impacts on them.

It may also be helpful to note that the client is in their mid fifties and concerned about not having anything for their own retirement, and/or that no one will take care of them when they need the support when their personal resources are gone (from having given them to others).

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
Family	1	8	10	NA	10
Friends	1	8	10	NA	10
Colleagues	5	8	8	NA	10
Strangers and Random Acts of Kindness	0	0	0	NA	8
The Local Community	5	9	2	NA	8
The Global Community	0	2	5	NA	8
The Environment	5	8	5	NA	10
Nature / Animals	7	8	3	NA	10
Permissions and Boundaries	0	1	10	NA	10
Gratitude	7	8	2	NA	10

Methodology

As we completed the Satisfaction Pass it was quite clear the client was really struggling with the stress of “giving” in their life. In the client’s words, “I give so much to everyone, getting treated horribly for it and everyone demands more and no one ever asks about what I need. This has to stop!”

The client shared many instances of giving time, money, cars, food, and in most stories, the client also talked about how their “sacrifice” (client’s word) was hurting them personally.

At times the client referred to their “guilt” (client’s word) about feeling the way they do, but also spoke about how long this had been going on and that they knew that it was actually wrong to allow things to stay as they are.

In the Positivity Pass we discovered that the client puts in extraordinary amounts of energy and effort into certain relationships and giving to those people. Interestingly, the client really wants to give to other areas regarding community, the planet and animals but feels they never have the time or resources to do so.

We agreed at this stage to not do the Resourcefulness Pass and to talk about resources in general as part of an overall theme.

The Negativity Pass simply confirmed the extreme levels of stress in certain situations and we had to keep focused on the exercises versus getting stuck in the stories. That said, this part of the exercise confirmed even more so to the client that they wanted things to change.

Although many other areas were rated a ten in the Importance Pass, the client decided they would rather focus on Random Acts of Kindness to strangers than to keep giving to all the people they had been giving to. At the same time, they wanted to work on the relationships of giving to church, community and humanity in general.

We agreed that the first approach we needed to focus on was Permissions and Boundaries combined with Gratitude.

The fieldwork assignment after this first session was for the client to begin keeping a Gratitude Journal and they had to begin with a list of what they were grateful for in the categories appearing on the following page from the Foundation Wheel of Life.

- o Health
- o Knowledge and Learning
- o Social
- o Financial
- o Family
- o Partner Within
- o Partner
- o Spirituality
- o Career/Business
- o Giving to Others
- o Giving to Self

The client was advised to not allow the exercise to dwell on what wasn't working well but only to focus on what there was to be grateful for.

We met again two days later and reviewed the list and celebrated how much the client has, and the resources which are there in terms of strengths, faith and values.

The client would continue to write in their Gratitude Journal every day.

We then worked on Boundaries and Permission, starting with how to communicate to various family members, friends and colleagues that the way she had given to them in the past needed to stop and to negotiate how they could continue to give and support each other moving forward. The key for the majority of these relationships was not to say "no" but finding new ways of saying "yes" which would be more appropriate for the client as well as the other stakeholders.

Some of these crucial conversations were also going to need to be far more direct and to simply "stop giving" (client's words), such as for a few family members. In these situations, the client's focus was to be helping the other person to learn how to give to themselves.

This strategy was also important for Giving to the Global Community because the client felt they were teaching important life skills which would help those people then give more appropriately to others and that there would be a flow-on effect.

The fieldwork was for the client to write notes for each of the conversations that needed to happen, and in some cases write a letter to the person.

At our next session we reviewed all the notes and letters and ensured the client felt strong and resourceful to have the conversations and/or send the letters.

The next number of sessions involved working through the responses to those conversations. The client frequently commented about how they felt “a weight had been lifted” (client’s words), even in situations where the other person didn’t respond well.

After a month, we took stock of what the client had in terms of resources, including time and money that were a result of not giving so much away to others as they had been.

The client was overwhelmed with how much energy as well as other resources they had. So, we started to explore Random Acts of Kindness and the client did some research on the topic on the internet.

The fieldwork assignment was to come up with a list of potential random acts of kindness they could do, where the focus was on helping people who really needed help, and removing the need for a “thank you”. This allowed the client to be able to enjoy the act of giving without the stress of obligation or abuse.

We continued to work on a number of issues surrounding Giving to Others for a number of weeks while at the same time decided to work on the Giving to Self Wheel of Life.

Altogether the client and I were in a coaching relationship for just over six months.

Outcomes

The client felt that they had achieved many things in our time together, with the most important being that she had shifted from giving away themselves to others to a position where they freely gave and enhanced themselves.

This was such a dramatic shift that the client felt they had a new lease on life.

The downside was that certain family members and friends decided to no longer maintain a relationship with the client. Although this was tough at first, the client felt peace with the course of action and accepted that the result was more about the other person's journey than that of the client, and it was all OK.

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

Environment	SP	PP	NP	RP	IP
Family	8	5	2	NA	5
Friends	8	5	2	NA	5
Colleagues	9	7	3	NA	8
Strangers and Random Acts of Kindness	10	10	0	NA	10
The Local Community	10	9	2	NA	10
The Global Community	7	9	2	NA	8
The Environment	8	8	3	NA	10
Nature / Animals	10	10	3	NA	10
Permissions and Boundaries	9	9	1	NA	10
Gratitude	10	10	0	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 service is a part of.

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