

THE WHEELS OF LIFE



CASE STUDY - GIVING TO SELF

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

- o This client had previously completed the Giving to Others Wheel of Life and moved to a stage where the Giving to Self Wheel of Life was the next milestone in their journey.
- o The client wanted to be able to truly make themselves “the centre of their universe” (client’s words) in the most positive ways possible.
- o There had been some significant changes in the client’s life recently and they wanted to make sure they didn’t lose sight of themselves and their own needs while navigating these major changes.

This client had been working with me as their coach for nearly two years at this stage and we agreed that after this topic it would be time to move on to a new coach and new approaches.

Also of note, this client has done all of the Wheel of Life tools in our library so they were also able to move through this one very quickly.

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
Understanding Needs	8	8	1	NA	8
Honouring Needs	6	8	3	NA	10
Setting Goals	6	8	5	NA	10
Follow Through Achievement	6	6	3	NA	10
Asking for Help	5	5	6	NA	8
Saying "Yes" Enthusiastically	8	8	2	NA	10
Saying "No" Respectfully	7	9	2	NA	10
Extreme Self Care	4	4	6	NA	10
Gratitude	10	10	0	NA	10
Celebration	9	9	0	NA	10

Methodology

As this client was so well versed in all the Wheels of Life, we were able to go through all of the appropriate passes during our one-hour session. We agreed that Resourcefulness had been a theme throughout our two year coaching relationship and therefore we could blend in that through all the other passes of the Giving to Self Wheel of Life tool.

The client quickly identified the following areas to work on after the passes were complete:

- o Remember that attending to one's own needs doesn't mean other people's needs can't also be met.
- o To make different schedule choices (versus time management) to ensure that their goals and need could have adequate focus.
- o To remember to write goals down and plan them on paper instead of just leaving them in the head (refers to major goals).
- o If there is a plan on paper, the client is more likely to follow through to completion.
- o To learn how to ask the right people, at the right time, and in the right ways for help.
- o To get better and saying no to new work, when there are other priorities.
- o To revisit their Wellness Team notes from the Health Wheel of Life in order to attend to their Extreme Self Care.

The client and I worked through all of these goals over the next four sessions with quite a few phone calls and emails in between sessions for greater support.

Outcomes

The client achieved a significant amount from this section of our working relationship, and throughout the two years of working together.

As the client put it, the Giving to Self Wheel of Life was a perfect way of wrapping up and they were incredibly grateful.

For the Celebration, the client threw a party and invited me as the guest of honour.

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

Environment	SP	PP	NP	RP	IP
Understanding Needs	9	9	0	NA	10
Honouring Needs	10	10	0	NA	10
Setting Goals	8	10	1	NA	10
Follow Through Achievement	10	9	1	NA	10
Asking for Help	10	10	0	NA	8
Saying "Yes" Enthusiastically	10	10	0	NA	10
Saying "No" Respectfully	10	9	1	NA	10
Extreme Self Care	9	10	2	NA	10
Gratitude	10	10	0	NA	10
Celebration	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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