

# THE WHEELS OF LIFE



CASE STUDY - HEALTH WHEEL

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# Case Study – Health 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 health-related life coaching goals:

- o The client identified they wanted to lose weight, but were unspecific about how much, when or how.
- o They also acknowledged that they are going through a period of high stress related to work and relationship issues.
- o And the client acknowledged that they were not really attending to their overall health with any significant attention on a regular basis and due to age (40) felt that it was about time to take their health more seriously than they had in the past.

The client also identified that they set lots of “goals” at New Year’s as resolutions but year after year, never follow through with them.

This client had also completed the Foundation Wheel of Life, where one of the outcomes was to focus on Health as a priority, therefore the decision was made to explore the Health Wheel of Life awareness tool.

## 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
Mental	7	7	4	NA	8
Physical	6	5	9	NA	10
Emotional	6	4	10	NA	10
Rest/Sleep	6	3	5	NA	7
Nutrition	4	4	4	NA	8
Sexual	6	3	5	NA	8
Spiritual/Meditation	6	3	1	NA	7
Relaxation/Fun	3	3	8	NA	9
Wellness Team	1	1	1	NA	7
Giving to Self	4	4	6	NA	9

## 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 a combination of Mental/Emotional, Physical and Relaxation/Fun.

Our initial conversation focused on some “extreme” issues as the client saw them, including:

- Struggling through a high-stress period at work
- Struggling through a high-stress period after a relationship breakup
- Feeling physically drained and not exercising or eating properly for some time now, and feeling they are not in control of their “time management” to address properly
- And not having any social time or fun because they’re either working all the time or finding it difficult to socialise with friends who were also connected to the relationship with the former partner.

At this stage, we did the Positivity Pass and discovered that the client “has lost the habit of self-motivation” (their words). Once upon a time, they were very good at saying the right things to themselves internally and externally, but have gotten more into the habit of negative self-talk.

Therefore, we explored the Negativity Pass at this stage.

It’s also important to note that we made a decision to talk about the “Resourcefulness” in conjunction with both conversations about positivity and negativity, focusing on the “cause and effect” each thinking pattern produced.

Where the client found it difficult to instantly remember the positive outcomes from positive thinking, effort and energy, they were able to immediately identify the negative outcome that their negativity was bringing about.

This was particularly true regarding handling the emotional stresses related to work and relationship.

So, at this stage we discussed a choice of direction for the coaching to take.

1. Focus on the positivity, strengths and what's worked well and re-energise these things now to create a more positive series of outcomes.
2. Focus on the negativity and learn from these experiences and where necessary, reframe the negativity into something more positive and useful to work with. This option also meant to break down irrational thoughts and beliefs and in some cases to throw them out the window altogether.

The client recognised that Option One would be more productive, and yet they felt they had such negativity becoming more ingrained as a habit that Option Two might be the more appropriate place to start.

Rather than making a committed decision at this stage, we explored the Importance Pass and chose four areas, Physical, Emotional, Relaxation/Fun and Giving to Self.

The client was then asked to do some homework:

- o For each of the four areas, write a list of the positive attitudes, strengths, experiences and anything else useful to celebrate as positive.
- o For each of the four areas, write a list of the negative attitudes, challenges, unsatisfactory experiences and anything else the client thought was necessary to address as a priority.
- o For each list, the client was asked to rate their priority for us to address.

We then worked through the lists, choosing one negative and one positive to work on in each session. Where possible the client was asked to choose a positive that would be useful in addressing the negative.

The purpose of this part of the exercise was to help the client learn how to pick from their strengths to address their challenges, as a life skill they could continue to access post-coaching.

Along the way, we also set specific goals when the client felt equipped enough to do so. For example, specific goals were set about getting more fit, exercising and losing weight once we had reframed and refocused thoughts and beliefs about the client's abilities, options and resources.

## Outcomes

The client and I worked together for six months. In that time they had set and achieved a total of 18 goals around their physical and emotional health, spending more time with friends, learning new time management techniques (we call it Schedule Choice Management), developing skills for dealing with conflict and bullying in the workplace, and picking up new hobbies.

One of the most significant achievements for the client was to establish their Wellness Team. The members of the client's team included:

- o General Practitioner (doctor)
- o Chiropractor
- o Yoga Instructor
- o Running buddy from work
- o Dentist
- o Eye Doctor
- o The dietician specialist at the gym
- o Their dog (unconditional love and support at home, including stress relief by going for runs together in the park)
- o And their Life Coach to help with the overall "leadership" of their Wellness Team.

My role as coach turned into an Executive Coach role where the client was the executive leading the Wellness Team.

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

<b>Environment</b>	<b>SP</b>	<b>PP</b>	<b>NP</b>	<b>RP</b>	<b>IP</b>
Mental	9	9	2	NA	9
Physical	9	9	3	NA	10
Emotional	8	8	4	NA	10
Rest/Sleep	8	5	1	NA	8
Nutrition	9	9	1	NA	10
Sexual	7	8	2	NA	8
Spiritual/Meditation	7	4	1	NA	7
Relaxation/Fun	8	9	3	NA	9
Wellness Team	10	10	1	NA	10
Giving to Self	9	9	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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