

THE WHEELS OF LIFE



CASE STUDY - PARTNER

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Case Study – Partner 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 clients presented with the following Partner-related life coaching goals:

- o The clients are a couple and decided to come to a life coach to explore ways to improve their relationship. They already feel they have a great relationship and both partners are interested in personal development.
- o They did not present with any specific goals as they do not as yet have a clear picture of how they can improve.
- o One of the partners had come to me for private life coaching previously and had done the Foundation Wheel of Life, told their partner and together decided that they would like to do the Partner Wheel of Life and have a few sessions as a couple.

Our first session was the three of us discussing how they might like the coaching relationship to work, including setting agreements around things like confidentiality and what would/could be shared and how that would occur.

Wheel Scores

Below are the measures the clients 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

(See following pages)

Partner One - Self

Environment	SP	PP	NP	RP	IP
Feminine / Masculine	8	4	2	NA	6
Professional / Competent	9	9	2	NA	9
Flexible	7	5	5	NA	8
Self-Aware	9	10	0	NA	10
In Control of Emotions (Responsive / Reactive)	6	6	8	NA	10
Non-Co-Dependent (equality)	8	8	2	NA	9
Independent	8	8	4	NA	9
Loving	7	8	4	NA	10
Generous / Giving	5	3	5	NA	9
Whole and Complete	7	6	3	NA	9

Partner One - Other

Environment	SP	PP	NP	RP	IP
Feminine / Masculine	6	3	9	NA	5
Professional / Competent	5	5	2	NA	5
Flexible	8	9	1	NA	8
Self-Aware	9	10	3	NA	10
In Control of Emotions (Responsive / Reactive)	9	9	0	NA	10
Non-Co-Dependent (equality)	9	9	0	NA	10
Independent	9	9	0	NA	10
Loving	9	9	0	NA	10
Generous / Giving	9	9	0	NA	10
Whole and Complete	8	9	0	NA	10

Partner Two - Self

Environment	SP	PP	NP	RP	IP
Feminine / Masculine	5	2	7	NA	9
Professional / Competent	5	5	5	NA	10
Flexible	8	8	3	NA	9
Self-Aware	9	9	6	NA	10
In Control of Emotions (Responsive / Reactive)	9	9	8	NA	10
Non-Co-Dependent (equality)	8	9	4	NA	10
Independent	6	8	4	NA	10
Loving	10	10	0	NA	10
Generous / Giving	8	7	4	NA	10
Whole and Complete	7	9	4	NA	10

Partner Two - Other

Environment	SP	PP	NP	RP	IP
Feminine / Masculine	9	9	2	NA	8
Professional / Competent	10	9	0	NA	10
Flexible	7	5	5	NA	5
Self-Aware	9	10	0	NA	10
In Control of Emotions (Responsive / Reactive)	7	7	5	NA	10
Non-Co-Dependent (equality)	7	7	5	NA	10
Independent	9	2	1	NA	10
Loving	7	8	2	NA	10
Generous / Giving	8	8	4	NA	10
Whole and Complete	8	4	2	NA	8

Methodology

As previously mentioned, our first session was to discuss and agree as to how the coaching relationship will work. The key points to share here are:

- o Agreement Setting Session held together
- o All other sessions until the end would be private individual sessions
- o The partners could communicate with each other, in between sessions, about their experiences and insights
- o The final session together would be the three of us for a facilitated conversation about what has been achieved through the process

We used the Partner Wheel of Life in a slightly different way than any other Wheel of Life tool is used. Each partner would do the Wheel twice, once about how they saw themselves, and the second time about how they thought the other person viewed themselves.

- o One Wheel – Self – 1st Perceptual Position (“How I view myself”)
- o One Wheel – Other – 2nd Perceptual Position (“How I think the other person views themselves – trying to step into their perspective”)

We did NOT do the pass about how they felt about the other person, as we agreed that this was the conversation bridge for in between session.

- o Conversations – a combination of 1st, 2nd and 3rd Perceptual Positions (3rd in this case being “How do we perceive us”)

This methodology was critical so that they would have multiple levels and perspectives to communicate with each other in between sessions about the process. These two assessments, plus the coaching sessions and the conversations with each other are part of an Emotional Intelligence framework where self-awareness provides the skills for social-awareness, including primary relationships.

In each of the private sessions, if one of the partners wanted to talk about what they wanted the other person to be more like or less like, they had to write those thoughts down in a journal on the spot and then rank how willing and committed they were to sharing and discussing that point with the other partner. With me, they could discuss strategies about how to have crucial conversations in an adult and respectful manner.

Both partners agreed to skip the Resourcefulness Pass as long as we discussed the “cause and effect” of Positivity and Negativity when those passes were done.

A conversation point for both clients was about Resourcefulness in general and about how they could draw on their own, independent well of resources and strengths in order to support the relationship with another. A “homework” assignment for each was to go and write in their journals about this.

It’s important to note at this stage that both partners are Reflective Learners and enjoy journaling.

Many of our sessions involved each of the partners discussing how “close to the mark” or “how far away” they were in trying to see life and their relationship from the perspective of their partner. They would compare their Wheel scores about themselves and what they thought the other person felt, with each other.

The realisation was that much of the time they understood each other very well. There were times where they were just slightly different and so it provided some clarification opportunities. And in a few instances, there were large differences of opinion and talking through these brought them much more “in tune” (client’s words).

This “coaching project” (client’s words) went for one month, with weekly coaching sessions.

Outcomes

As the clients came to coaching primarily to simply raise awareness about their relationship, they didn't necessarily set any concrete and measurable goals. Their desire was subjective.

That said, in their private conversations with each other in between the coaching sessions with me, they each set individual goals and also joint-goals about their own interests and how they shared time together.

In some cases, they developed some new rules and agreements about their relationship and how to communicate with each other.

Unlike in other Wheel case studies, this couple did not complete the Partner Wheel of Life again at the end of our month together. Instead, we had a conversation about how they felt they may have grown as a result of the exercise and what "value" they received.

Their response included the following points:

- How wonderful it was to have an intensive month of self exploration and conversation about their relationship.
- Dramatic increase in understanding of how each other sees themselves independently and as part of the couple.
- The establishment of new support structures to help each other know when they are being reactive instead of responsive and how to do a "pattern interrupt" in a supportive way so that the person can make the shift into responsive.
- To have gained a clearer definition and understanding of what "loving" means to each of them, and finding out that their definitions are very close.

As a result of this exercise, both partners have decided to independently do a number of the other Wheel of Life tools for other aspects of their personal and/or professional lives.

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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