

# THE WHEELS OF LIFE



CASE STUDY - PARTNER WITHIN

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# Case Study – Partner Within 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 Partner Within-related life coaching goals:

- o The client had learned about the Partner Within from having completed the Foundation Wheel of Life as part of their initial session in life coaching and wanted to be able to explore this further.
- o The client also acknowledged that there have been a number of times in their life where their self esteem and worth were challenged and although they were feeling relatively OK about themselves now, they wanted to be able to expand this and build a stronger personal, internal foundation.

It is also important to note that this client was very well-versed in personal and professional development methodologies and language and spoke well and with great detail about the journey they've already been on, and what they've learned along the way.

The client was a reflector learner and wanted to have "homework" assignments which they could go away, think about and do journaling.

## 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

<b>Environment</b>	<b>SP</b>	<b>PP</b>	<b>NP</b>	<b>RP</b>	<b>IP</b>
Self-Awareness	7	8	1	NA	10
Values Awareness / Foundation	9	9	1	NA	8
Self-Acceptance	8	8	1	NA	8
Self-Appreciation / Self-Worth	7	8	6	NA	10
Self-Esteem	7	7	5	NA	10
Self-Image / Attractiveness	4	5	8	NA	10
Personal Development Plan	6	5	5	NA	10
Honouring Needs	7	7	3	NA	8
Self-Love	7	2	1	NA	8
Commitment to Self	7	5	5	NA	10

## Methodology

As the client was already well-versed in personal and professional development, we were able to go through the various passes of this Partner Within Wheel of Life tool rather quickly. We also assessed that discussing Resourcefulness as a cause and effect relationship with the Positivity and Negativity passes was more efficient.

Although the client felt they were relatively satisfied with their positive efforts in general, they acknowledged that their increasing levels of negativity around Self-Appreciation/Worth, Self-Esteem and Self-Image/Attractiveness were beginning to cause harm. These items were driven by the client's view about themselves getting older, gaining weight and not being the same "type of attractive" (client's words) that they were a decade earlier.

The client also noted that it had been quite some time since they had developed a Personal Development Plan in writing and that was something lacking at the moment. They also made the connection pretty quickly that what they needed to focus on in the personal development plan was their health, including overall fitness.

Therefore we worked to narrow down that focus and over the course of a few more sessions (three or four), accomplished and/or explored the following:

- A review of the client's values
- An exploration of what "Commitment to Self" means to the client, including the benefits of when it's done and the risks/consequences when it's not followed through
- Redefining what "attractive" means to the client
- Checking in on limiting beliefs
- Doing a strengths inventory

With these exercises as a foundation, the client was now prepared to create very specific health, fitness, weight and image goals.

These goals were worked on together over the coming three months via fortnightly in-person and phone coaching sessions.

## Outcomes

The client made significant progress in identifying core issues which were impacting their overall relationship with themselves, and from this point were able to start changing a few personal attitudes and habits.

They also achieved in part or completely all of the health goals established before the end of the coaching relationship. It needs to be noted that some goals were to continue to be worked on and may take a number of more months to fully achieve.

A very interesting part of this exercise was that the client began to take themselves out on a "date" once every two weeks. Sometimes this would just be going to a movie by themselves, or possibly going for a nice dinner on their own

The significance of this was celebrating being comfortable with oneself and learning how to celebrate their accomplishments internally.

Although not part of the original goal setting process, the client did enter into a new phase of "dating" others casually (as the client didn't at the time want a serious relationship). The client commented about how much more attractive they felt within themselves and felt confident that this was also playing a part in how they portrayed themselves to others.

At the end of working together, we completed another Partner Within Wheel of Life assessment, the results of which are shown on the next page.

<b>Environment</b>	<b>SP</b>	<b>PP</b>	<b>NP</b>	<b>RP</b>	<b>IP</b>
Self-Awareness	9	9	1	NA	10
Values Awareness / Foundation	9	9	1	NA	10
Self-Acceptance	9	9	1	NA	10
Self-Appreciation / Self-Worth	9	9	1	NA	10
Self-Esteem	9	9	1	NA	10
Self-Image / Attractiveness	7	8	4	NA	10
Personal Development Plan	9	10	3	NA	10
Honouring Needs	9	9	1	NA	10
Self-Love	8	8	1	NA	10
Commitment to Self	10	9	2	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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