

# THE WHEELS OF LIFE



CASE STUDY - SOCIAL

NOEL POSUS

SARAH HUE-WILLIAMS

CLAIRE STRETCH

# Case Study – Social 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 social-related life coaching goals:

- o The client identified that as they had personally evolved over the years, their mix of friends and them “were not a good match any longer” (client words), and the client wanted to sort out what type of social network would best match their current stage of life.
- o Additionally, the client wanted to redefine their social life from their old “party life” to one that better matched their other life goals.

The client was nearing 40 and had focused on career-goals significantly over the past few years, which as the client put it, also distanced them from many of the friends they over the past decade or so.

## 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>
Social with Self	7	1	6	NA	7
Social with Family	3	1	8	NA	5
Social with Friends	3	3	10	NA	10
Social with Colleagues	6	4	5	NA	8
Social with Partners	4	4	5	NA	8
Social with Home/Neighbours	2	1	1	NA	5
Social with Strangers	2	1	1	NA	5
Social with Animals	6	5	7	NA	10
Social Needs of Others	6	6	8	NA	8
Social Needs of Self	6	1	5	NA	8

## Methodology

The Social Wheel of Life tool was an extremely good match as a coaching exercise for this client as their focus was entirely about the various types of social relationships in their life and whether or not the current "state of play" matched their current values, beliefs, personal and professional goals.

The Satisfaction Pass revealed the majority of "the story" for this client and they were able to share a significant amount of information with me. It was also determined early on that the Resourcefulness Pass wouldn't be necessary as long we blended in the cause and affect conversation as we discussed positivity and negativity.

At the end of the Satisfaction Pass, the client identified that working on Friends, Colleagues and Animals were the most important aspects, but that they actually wanted to develop plans for all environments at once. We agreed to do a combination of exercises which could focus on the priority three and also build momentum on the others.

The point of interest on the Positivity Pass is that the client identified there were putting in very little effort of any kind into their social life as they had been "all consumed" (client words) with career. That said, they did note that they were trying to spend more time with their pets as they found that soothing and that the pets were "demanding" (client words) more time as well. Additionally, the client was very focused on the competing demands of others at a social level and was spending time trying to keep lines of communication open about other's needs, but was finding that the outcome of this activity wasn't very positive.

The point of interest on the Negativity Pass is that the client was becoming increasingly more frustrated with relationships that were not healthy, supportive or giving back. They felt more people were making unnecessary demands and not reciprocating with caring about the client's needs.

The importance pass confirmed that all areas were important, or increasing in importance in the client's view, including a new found interest in getting to know their neighbours and doing random acts of kindness (which links in with a core value).

We went through these passes in one session and then continued on to do a values exercise, so that we were both clear about the core values the client had developed over the past few years. Some of the core values are listed here (top ten):

- o Integrity
- o Respect
- o Honesty
- o Giving
- o Knowledge Sharing
- o Fun
- o Family
- o Rest/Recovery (acknowledged that work will always be “full-on” and therefore the need to take time to take care of oneself on a regular basis to sustain overall career requirements)
- o Open and Meaningful Communication
- o Adventure

The client and I then worked on during the next number of sessions what the “ideal” state would be for socialising in each group, and what strategies would be worth considering implementing toward achieving the goal state.

The client kept a journal of their experiences and insights and the beginning of each session was a review of the journal entries. One of the benefits of doing this exercise in this manner is that the documentation of the experiences allowed the client to be “just enough” removed from the emotional subjective experience and become a slightly more “objective observer” of the process.

We adopted the nickname of “Social Scientist” to keep this 3<sup>rd</sup> person perspective alive and interesting.

We also acknowledged that this process may take some time to bring about change in all areas. With that, we agreed to have our sessions every two weeks in stead of every week in order for there to be more time for action and observations between sessions.

After six months, we moved to monthly sessions for another six months.

## Outcomes

The client was able to make significant changes, with the below as some of the highlights of their journey:

- Learned to enjoy time spent alone more, including indulging in very personal private social moments of reading, watching DVDs, time spent with animals and working on new hobbies.
- Setting up dedicated time each month to share with the brother and sister; something which hadn't been done for a few years.
- "Letting go" of the old friends and feeling comfortable with that as it wasn't a "loss" but a "clearing of space".
- Developing new friends, which happened partially through spending time with the siblings and their friends. New social networks were opened up.
- Enjoying some after-work activities with some of the colleagues from work, including more senior managers which also helped to raise the client's profile at work.
- The client's primary relationship was suffering a little due to the extreme work focused, so the client and their partner started going out on "dates" again and made certain agreements about separating private and professional times, dedicating time to spend with each other.
- The client and their partner invited their neighbours over for a BBQ and are beginning to establish somewhat closer relationships with a few neighbours.
- The client researched the [www.randomactsofkindness.org](http://www.randomactsofkindness.org) website and started a special Random Acts of Kindness Squad at work, which has also helped to raise their profile both personally and professionally in the workplace, resulting in more professional opportunities and more personal relationship building.
- The client committed and achieved dedicating time in the schedule every morning, evening and weekend with their pets, which has had a positive flow-on effect in terms of health, stress management and Social with Self.
- The client also studied more information on Emotional Intelligence which had a positive impact on understanding the needs of others and how to articulate one's own needs. As the client put it, "game playing amongst the social networks has now gratefully come to an end!"

At the end of working together, we completed another Social Wheel of Life assessment, the results of which are on the following page.

<b>Environment</b>	<b>SP</b>	<b>PP</b>	<b>NP</b>	<b>RP</b>	<b>IP</b>
Social with Self	8	8	2	NA	9
Social with Family	6	6	5	NA	8
Social with Friends	7	8	2	NA	10
Social with Colleagues	8	8	4	NA	8
Social with Partners	9	10	1	NA	10
Social with Home/Neighbours	6	7	2	NA	8
Social with Strangers	10	10	0	NA	10
Social with Animals	10	10	2	NA	10
Social Needs of Others	8	8	2	NA	9
Social Needs of Self	8	8	2	NA	9

## 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.

Noel Posus

E: [noel@thewheelsoflife.com](mailto:noel@thewheelsoflife.com)

W: [www.thewheelsoflife.com](http://www.thewheelsoflife.com)

W: [www.incredibleawareness.com](http://www.incredibleawareness.com)

W: [www.askacoach.com](http://www.askacoach.com)