

THE WHEELS OF LIFE



CASE STUDY – SPIRITUALITY

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Case Study – Spirituality 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 Spirituality-related life coaching goals:

- o The client identified that they hadn't ever really spent any time looking at spirituality before and were curious. Although they had a slightly religious background as a child, it hadn't transferred to their adult life and they wanted to create a definition of what spirituality could mean for them today.
- o The client also commented on a fair amount of stress in their life at the time and that it was unlikely the levels of stress were going to reduce in the short term, so the client was looking to see if spirituality may contain some strategies for keeping a bit more "balance and peace" (client's words) during this time.

The client also identified themselves as an Activist Learner, meaning they typically jump in and give something a try straight away and are comfortable with adventures where they don't know the outcome. The client felt this may be a strength in this study of spirituality, but that it may also be a challenge as the client feels that spirituality probably means more time to reflect versus just taking action.

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
Spiritual Health	5	1	1	5	5
Knowledge and Learning	3	1	1	3	7
Inner Peace	5	1	7	3	9
Being Present	4	4	8	4	9
Self-Worth	7	5	5	5	7
Self-Esteem	7	5	5	5	7
Self-Image	7	5	5	5	7
Connection / Inclusion	6	5	5	5	8
Supporting Others	4	4	6	8	8
Gratitude	5	1	1	7	10

Methodology

The client and I went through all five passes of the Spirituality Wheel of Life in one two-hour initial session.

In some cases the client found it very difficult to determine a score and therefore often just put a "middle of the road" (client's words) score of five. Or if the client found it initially difficult to determine the differences between self worth, esteem and image, then they just put the same overall score for all of them.

We agreed that this was just fine as part of the initial exploration of a topic new to the client, and that in time, they would develop their own definitions which were more meaningful and therefore the scoring system could be more precise.

For the Positivity Pass, the client's primary observation is that they've hardly ever done anything in this area.

For the Negativity Pass, the client's primary observation was that they typically didn't have negative thoughts about any of the areas but that they did have a significant challenge keeping present in many situations, as their mind was often racing about other issues (past and present) and that their thoughts were often muddled by stress.

Further to that the client acknowledged that there has been a sizable amount of feedback recently from others who have commented that the client wasn't paying attention to them. This made the client feel horrible and was part of the motivation to see a coach.

The Connection/Inclusion area was also interesting from the client's perspective as they had begun to realise how isolated they were in their career management position and from friends and family. There were strong dividing lines and seldom was anyone invited into the client's world. The client identified that this needed to change as a long term objective, but wasn't sure how to do it in the short term.

The Resourcefulness Pass was very useful for both the client and myself, as we were able to have a conversation about how much stronger, well-equipped and competent the person might feel if they were to master some of these spiritual environments in some very practical ways. This "practical" application and the benefits to the client's personal and professional life was very attractive.

The client knew that Gratitude was something that they had to learn to focus on more, not just for what they have but also for the efforts of others and to learn to say "thank you" more often.

The client's initial lot of homework was to create a list of all that they were grateful for in their own lives, in the following categories:

- o Health
- o Knowledge and Learning
- o Social
- o Financial
- o Family
- o Partner Within
- o Partner
- o Spirituality
- o Career/Business
- o Giving to Others
- o Giving to Self

Our next session discussed this gratitude and we were able to build a foundation of strength to work from.

The next homework assignment was to identify how the client would feel if the ideal situation was achieved for each of the spirituality environments. As the client is an activist learner, they only had to create bullet point lists versus journaling, so that they felt they were accomplishing more in the task.

Our next session then worked through the lists to come up with one or two priority feelings the client wanted to have more consistently, and then we devised a series of actions and behaviours the client could implement right away which could help produce these feelings.

We created a list and a tracking form with the number of days of the month on the top row. The client was to then track their progress against these behaviours for one month.

We met one week into the plan to discuss how things were changing for the client. The client was quite surprised at the instant positive results they were achieving.

The client also stated they thought they might need to do something more, like take a yoga class but weren't too sure about it, or whether or not they could find the right class for them. Therefore the client did make a commitment to start researching yoga classes at gyms (an action for him to do) and then report back in two weeks.

Eventually, the client started attending yoga (built up to going twice a week) and continued on with their spiritual behaviours tracking for another month (making a total of two months).

Outcomes

The client was able to achieve gaining a personal sense of the various areas of spirituality which could be applied and practical to their life. Although we didn't do written definitions like might be done with some clients, we were able to create the sense of definitions through measuring real life activities, behaviours and the outcomes of those behaviours.

This matched the client's mode of learning very well and they appreciated such an active and practical approach.

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

Environment	SP	PP	NP	RP	IP
Spiritual Health	7	7	0	8	8
Knowledge and Learning	8	8	0	9	9
Inner Peace	7	8	4	7	9
Being Present	9	10	2	10	10
Self-Worth	8	8	2	8	8
Self-Esteem	8	8	2	8	8
Self-Image	8	8	2	8	8
Connection / Inclusion	9	10	3	9	9
Supporting Others	8	8	5	9	10
Gratitude	8	9	0	10	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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