



## PERSONAL ACHIEVEMENT COACHING - CASE STUDIES

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### Effective Career Transition

In this case the client had been made redundant and needed to define a plan for his next career move and well as address self confidence in his capabilities. Client developed a 6 month plan with key milestones which were tracked as part of the coaching engagement. The client's shift in confidence achieved through challenging limiting beliefs and developing on areas of success in his life allowed him to re-enter the job market with a renewed approach as to what he wanted and utilising his resources to secure a fulfilling new role.

### Getting a grip on work pressures

This client put in excessive work hours at the expense of her personal health. Coaching assisted the client to set a number of personal goals and define a weekly plan that was workable given the demands of her role. Key outcomes included commencement of an exercise plan, improved eating habits resulting in more energy, improved productivity and a better capacity to cope with work pressures.

### From Small Business to Consultant

The client in this case had made a decision to sell his business and define a new career path for himself. Through a structured career transition program, a strategy was defined considering his values, skills, ideal environment, areas of interest, education, achievements and personal attributes. From here a number of options were identified for further investigation. The result of the coaching engagement being that the client was presented with a new career opportunity aligning with his requirements which he subsequently accepted.

### Life is good! I feel better than I have in years.

The client in this case had struggled with her weight for 14 years following the birth of her last child. She was always trying to lose that unwanted extra weight and had tried 'every diet there was'! But nothing seemed to work. Instead she regained each time she tried something new. She had come to a point where she had given up and had become depressed about her weight.

Through coaching the client came to a better understanding of better food choices suited to her body and lifestyle, understanding the triggers for eating and introduced movement into her daily activity. Progress was monitoring on a regular basis.

After 8 weeks, the client had lost 3kg. She reported a reduction of inches around her waist, belly, thighs and arms. She was over the moon about being able to wear clothes that she could not fit into before.

In addition to her physical results, she also reported an increase in energy and new zest for life. Further to the lifestyle changes she had made for herself, she also impacted on the habits of her family.

*"What lies behind us and what  
lies before us are tiny matters  
compared to what lies within us."*

*- Ralph Waldo Emerson*