

JOURNEY THROUGH LIFE COACHING

BEGINNING FOCUS FOR COACHING

Healthier Romantic Relationships

Be Content with Me (socially, body Image and Self-Esteem)

School / Family-Life Balance

CLIENT'S SELF - ASSESSMENT

Showed slightly below average satisfaction levels with both her physical and mental health as well as scoring romantic relationships way below average.

Confidence levels varied dependent on the circumstance and audience. Peak confidence was achieved through interactions with 'known' adults. And lowest levels of confidence were reported for body-image, self-esteem and interactions with peers - whether existing or new relationships.

TOPICS FOR SESSION FOCUS

Unhealthy aspects of past relationship | Exercise | Beliefs | Instagram | Self-Belief | Wants for me and my Life | Navigating Friendship Groups - feeling stuck | Values | Managing my emotions | Failing (forwards) | Reducing Negativity in Day to Day | Doing More of what I Love | Seeking More Aliveness | Being Okay...

COACHING TOOLS APPLIED AND DEVELOPED

We utilised visualisations, set challenges, implemented client-led accountability, identified and learned a variety of ways to manage inner critics.

Focussing on the present, I introduced Positive Intelligence work and trained her to use PQ reps to navigate sabotaging voices and have her be present and at choice. Implementing mindfulness visualisation tools in particular for 'thought spirals' and other life stressors.

The Co-Active Model was used throughout. Through perspectives and work on values we role played courageous conversations with friends and teachers whilst being at choice over how she shows up.

OUTCOMES AND IMPACT ON CLIENT

Actively choosing to partake in activities she was sure she'd fail at and challenge herself to overcome fears - **breaking the cycle of perfectionism**, focussing on the present, as well as honouring values being the purpose behind participation rather than fears having her opt out.

Active choice in spending leisure time with family outside of mandatory mealtimes and **identifying role in family-life**.

Core values displayed on phone screen, prompts conversation with friends, **built a sense of pride / ownership of core values** as well as serving as a constant reminder.

Clarity on self-identity and beliefs unlocking the ability to show up with confidence, take an empowered stand for herself / beliefs rather than a confrontational stance.

Reduced the need to work excessively and 'do something more' feeding the stress-cycle, whilst maintaining academic ambitions and work-ethic.

Increased emotional capacity and confidence to choose courageous conversations with friends, family and teachers rather than avoid or try to people-please.

Identify healthy / unhealthy patterns and behaviours in any relationship and notice the impact on self as well as how she contributes. Able to implement positive change from **increased confidence in self and be at choice**.

Ability to use emotional intelligence and critical thinking to create new perspectives to **increase open-mindedness and capacity to hold space for others whilst firmly being at choice**.

When asked what she was most **proud of achieving through coaching** she stated:

"Honestly, the first word that came to mind was happy; I am so much happier than I was before.

I have become a much better and more considerate friend.

I am more mindful and know how to handle my emotions.

I am also proud of how much more confident and sure of myself and my boundaries I have become."

Coral reported an **increase in almost all areas of her confidence** including; around peers, speaking aloud in groups, building new relationships, self-esteem, body image, voicing her opinions and her overall confidence.

"NOW I AM SOMEONE WHO SETS BOUNDARIES AND DOES NOT LET PEOPLE WALK ALL OVER THEM. I DEFINITELY DID NOT DO THAT BEFORE."