



JOURNEY THROUGH LIFE COACHING

BEGINNING FOCUS FOR COACHING

School and my Future

Work on my Perfectionism and Self-Critical tendencies

Personal Growth (feeling stuck and uninspired)

CLIENT'S SELF – ASSESSMENT

Concerned about her mental health, regularly experiencing feelings of anxiety and panic attacks. Often compared herself to peers and those on social media. Express a limited range of emotions and finds it very difficult to talk about them. Frequently stressed and not been setting goals or challenges to make progress.

Confident with adults, less so with peers and totally drops when it comes to 'unknown' adults in the wider world as well as building new relationships with peers. Low self-esteem. Challenging to listen to and trust herself.

TOPICS FOR SESSION FOCUS

Fear of the Future | School | Exam Pressure | Academic Stress | Voicing my Opinion | Accepting and Embracing Change | New Job | Inner-Critic | Emotions | Internships | Routine | Fears | Careers | Life Purpose | Overwhelm

COACHING TOOLS APPLIED AND DEVELOPED

We utilised a range of Co-Active tools through the principles; fulfilment, balance and process. Self-visualisations and a strong focus on Captain and Crew, Core Values and Life Purpose work.

To reduce stress and overwhelm generated by the inner-critic voices we developed emotional language and communicating it with a combination of PQ reps with somatic work to fully explore and understand the physical manifestation of emotions in the body.

I introduced 'The Change Curve' with perspectives work to create knowledge and understanding of the process.

The Co-Active Model was used throughout.

OUTCOMES AND IMPACT ON CLIENT

Repetition of self-assessment revealed an increase on the satisfaction scale of 2 or more in the 4 areas worked on from the Wheel of Life; School, Friends, Personal Growth and Mental Health.

Demonstrated **more open-mindedness** particularly when it came to the future and careers, thus vastly **reducing stress and pressure** felt around exams in particular.

"Confidence is much better now - I speak up and express what I think
I'm more curious and find value in things I don't immediately like / want to do.
I'm also **expressive with emotion and process it.**

I've let go of having to control, I'm no longer thinking about what will happen after.
I'm freer to do what feels right.

I'm proud of being honest with myself.

I've gained resources I can use to support my mental health, to bring a sense of calm especially when I'm annoyed and others to manage stress and overwhelm.

I don't have the same explosions now I can process my emotions. I don't hide my anger, I'm able to talk about it and feel/express it in a healthy way.

I'm allowed to make mistakes.

I'm committed to remaining confident, being true to myself, allowing myself to be vulnerable and talk about my emotions."

***"I FEEL MORE MYSELF. I TRUST MYSELF. I KNOW WHO I AM.
I CAN BE NICE WITH MYSELF AND BE THE TRUE ME."***