

SYMBIOSIS COACHING

DEALING WITH YOUR ISSUES, AT YOUR PACE, TO HELP YOU ACHIEVE WHAT YOU REALLY WANT FROM LIFE.

Case study - Managing personal change and growth through 1:1 Coaching

‘John engages effectively at a higher level than the day-to-day To Do list. Thanks to his coaching, my working life is now more focused, successful and enjoyable.’

Mary, Director.

Why Symbiosis?

Mary had been a senior manager in a major travel group. She had spent many years working in a Corporate Environment. Her life was very driven by external demands and deadlines to the extent that she used to fill in a spreadsheet every 15 minutes to structure what she did. This ‘terrorised’ her.

She had got into a belief that, ‘If I am going to earn money, I have to slave at it!’ This belief, driven by her years in a corporate environment, caused her to work and push hard, when actually she knew she was more creative when she gave herself a bit of space.

Mary left the travel industry to set up her own business. She was very enthusiastic about the opportunity to create the life she really wanted. Beliefs and working practices developed during her corporate life, including the need to ‘Slave’ got in the way of her new life and her ability to grow a more creative business,

(We also help people to learn, develop and stay in the same business! You don’t have to leave everything behind you!)

What we did...

We coached Mary once a fortnight over a period of months. This included some face-to-face meetings supported by telephone coaching.

Our Coaching helped her to define more clearly what she wanted from life and to highlight the personal values that she wanted to live by. We then worked with Mary to help her shape and structure the direction she wanted her new business to go in.

What Mary got out of it...

We helped Mary to discover and act upon her own solutions and create a vision of her future that matched with her personal values and skills. This gave her a clearer and more motivating sense of direction allowing her to set and achieve her personal goals. She started to behave differently and really make progress in developing and growing herself and her new business in a new and successful direction.