

Case Study

Situation:

Josephine is a mother, and an owner of two very diverse but successful businesses and a very active member of her local business community.

“I came to Stephanie because I felt that I was struggling to get the balance between having a successful career and being a mother and community player. I felt that I was being all things to all people and was straining under too many demands. The stress had on a couple of occasions led to depression and anxiety but having worked my way through those phases I felt determined to never go back to feeling those things again. I asked Stephanie if she could help me to focus on what was important and to achieve Success without Stress!”

Approach:

Face to face coaching sessions focussed on

- *What being “successful” means*
- *Identifying energy givers and energy drains*
- *The significance of time to be yourself and be by yourself with time to reflect*
- *Managing self-limiting beliefs*

“The sessions with Stephanie started off a little uncomfortably – she asked me what was Unique about Me – I found it rather hard to blow my own trumpet like that. So she then asked permission to ask the same question of a number of people that I admired. The answers that came back were so empowering and I often take a look back at them to remind myself that other people think I’m rather special – even when I don’t feel that way myself.”

“She helped me to focus on key words that described how I was longing to be – Calm was my main word and she suggested I keep a calm diary and build up a collection of photos on my phone that summed up Calm to me – they are lovely photos”

“The biggest lightbulb moment came with a session in the summer. Stephanie likes to conduct her coaching whilst walking around the grounds of the delightful Wokefield Park – it makes it easy to view things differently when you go outside.”

Results:

“Stephanie has helped me to see things more clearly by stepping away from the daily grind and really questioning what I want to achieve long term. I have made some changes to how I run my life. I am no longer dashing about fast and furious but now am calmly going about my daily business. Now, instead of trying to achieve too much in too little time I set myself a small number of manageable tasks which I know I can get done today. I feel that my businesses are both benefiting from a Calmer Josephine – thank you Stephanie for your support and guidance.

Josephine Blythe, October 2013