

Case Study

Situation:

My client was a senior manager in the global telecommunications company, Blackberry RIM. He was successful but was no longer passionate about the industry or his future career path.

“I came to Steph when I realised that I felt stuck and deeply unhappy in my current career but had no idea what else to do or where else to go. On the surface, my career looked successful - I had climbed the ladder and held a senior position in a fast-moving industry. Inside I knew I wanted to do something different and needed to move on - but I felt frustrated that I didn't know where to begin.”

Actions:

Telephone coaching sessions focussed on

- motivations and values within and outside work
- respecting and strengthening those values
- exploring future career options
- moving from thought to action
- managing self-limiting beliefs

“Steph helped me to reconnect with my passions and values and to get real clarity on what's important to me - both in thought and in feeling. Throughout our sessions, Steph created an environment that felt supportive, safe and forgiving so I could really open up and explore and ask questions of myself that I'd never really had the courage to do before. I stumbled across some 'gremlins' along the way - things about myself I knew had been roadblocks in the past - and through my work with Steph, I now feel confident that I can acknowledge them, tackle them, or ignore them - but in any case get beyond them so they don't hold me back any more.”

Results:

“I came away from each conversation feeling that I'd dug deep inside myself and really worked hard, but at the same time I felt energised, motivated and a real sense of achievement. I don't know exactly what I'm looking for in my new career direction - but I know how I want it to feel and why. That gives me energy and motivation every day, and I'm so grateful to Steph for helping me get to this powerful new place - thank you!”

CM, Senior Manager, Blackberry RIM
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