



## Coaching Story\*

### Nurturing Yourself and Others

**Jim came to coaching feeling significant stress because he could not say no to what seemed like unending requests for help from his friends, family, co-workers and others at a time that his own work-load was getting heavier. During the initial coaching session Jim confessed a sense of anger and resentment that “others were taking advantage of his good nature.”**

As a result of coaching, Jim found the power to say no to requests he is not able or willing to handle. He also discovered that saying no actually helped others take responsibility for their lives and experience growth themselves! How did this change happen?

The safe and courageous space that coaching provided and Jim’s willingness to be honest empowered Jim to respond to the process authentically. He was willing to look closely at his motives and discovered they were not always pure. Quickly, a willingness to try new things began to emerge.

Pondering changes in his behavior caused him concerns. He wondered; “Will I be letting people down?” “Will they think less of me?” “Dislike me?” Will my wife get angry with me? These and more questions surfaced. In spite of his concerns, he anticipated the benefits of trying a new approach and made a commitment to change.

At a subsequent coaching session, Jim shared with great excitement that he had made changes and that his fears had largely not materialized. Yes, there were some puzzled looks and comments about his new ways but he was able to deal with them truthfully. He experienced that he can be warm and giving and have others feel cared for; and still say no.

This new freedom left him more in control and balanced, able to focus on his responsibilities and help others for the right reasons when time permitted. His resentment disappeared and he continues to be well regarded by people in his network.

His success with this one change compelled him to verbalize other concerns he had regarding his career and opportunities for advancement. We worked through those and he left that session armed with new perspectives, beliefs and a call to action that will serve him equally well.

**Let me hear from you about a challenge or vexing problem you may be experiencing. I would enjoy discussing it with you. If you would also like a free Executive Management Assessment with me to discuss how I can help you achieve the greatest success possible, please call me or [email me](#) and we'll get clear about the best immediate next steps for the success of you and your team!**

***Bob Reissiger***

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*\*This story was approved by the client. Names and certain facts have been changed to ensure confidentiality.  
No changes alter the essence of the story.*