



## **A Coaching Story\***

### **Changing from obsession to freedom around money - and the fruits of the change.**

**John came for coaching because he was stressed, unfulfilled and was experiencing conflict with his family. He was also very concerned about the negative impact his approach to money was having on him and on the people he loved. He was a smart, responsible and well educated professional. He had an understanding and supportive wife and several children. He lived in a very nice home and had recently been hired by a highly regarded local firm at a salary some two to three times his previous salary. With all this going for him, John was struggling with fear, centered primarily on his finances. This almost paralyzing fear drove him to an almost obsessive control of all home expenditures.**

The safe and courageous space that coaching provided and his willingness to be honest empowered John to dig deeply into what was at play in his behaviors around money. As time passed, he began to gain new insights and became willing to change, at first in small ways, and then in ways that began to stretch him. As he took action, he learned further insights and this new self awareness continued to lead to more action and greater empowering insights.

Understanding the root cause of his fears, vulnerably sharing those with his spouse, learning to be more trusting and taking small steps helped John shift from micro-managing his family's finances to a more freeing approach to money. This shift helped him to make financial decisions that he would not have made otherwise. This included the start of annual vacations with his family, a special anniversary celebration with his wife, implementation of one of his children's recommendations for furnishing and decorating the living room, and the decision to adopt another child! John has done all this without going into debt and while adjusting to conservative financial management practices, including prudent savings.

The insights he gained through the coaching alliance were transferable to other spheres of his life including work and social groups. He continues to be well regarded by his firm and has broadened his work contacts and influence taking on a variety of roles and the lead on various projects. He now enjoys friendly and collaborative relationships with significant work associates. He also expanded his network beyond work to more social groups and courageously took the initiative to leave a long term social group and join another that is more aligned with his core beliefs and values.

These positive changes were in part empowered by a clear understanding of his personality type. They were also the result of the safe and courageous space the coaching alliance

provided and very importantly, John's willingness to be honest and try new approaches. As a result, the world benefits from a more fulfilled John, a family that feels loved and supported, stronger relationships, and a new family for an orphaned child.

We all have opportunities for growth. It is the human condition. We CAN choose to change and live powerfully! What will YOU choose?

*If you would like a free Assessment with me to discuss how I can help you achieve the greatest success possible, at work and at home, please call me or email me and we'll get clear about the best immediate next steps for the success of you and those in your circle!*

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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.***