

**Case Study:** Personal Performance Coaching



**Number of Sessions:** Six sessions in total

**Objectives:** To focus on personal goals and achieve greater fulfilment. In addition, identify key barriers to success, cultivate a better work-life balance and improve personal relationships – to gain more satisfaction in life.

Working with this client over six telephone coaching sessions, Perceptions Coaching delivered the outcome by focusing on the individual goals and support the client to overcome any limiting factors. In particular working on life purpose, relationships and working through the 'Wheel of Life'.

By encouraging the client to take responsibility for the actions necessary to move forward, empowered the client to make progress in small chunks. This made the overall objective more manageable and enabled the client to focus on the key requirements for success.

The results were as follows:

- **Improvements in work-life balance – leading to more fulfilment and satisfaction**
- **Setting of boundaries in personal relationships – which enabled better communication**
- **Greater understanding of personal goals – helping to identify areas to focus on**



**Quotation from Client:** "Prior to the coaching I felt very un-focused and although I had made some positive personal changes over the last 12 months I did not feel I was achieving as much as I could or wanted to. The coaching has helped me to gain more understanding of myself and how I deal with things but more importantly how to work towards achieving my life goals. After 6 sessions of coaching I feel so positive about what I can do and have realized the only person stopping me achieving my goals is me. I am much more aware of how I use my time and energy. The coaching is so powerful that I have found that certain goals are happening without even very much effort because of the changes within myself."

***Contact us today to improve your personal performance.....***

*Tel: 01206 562367*

***[www.perceptionscoaching.co.uk](http://www.perceptionscoaching.co.uk)***

*e-mail: [sales@perceptionscoaching.co.uk](mailto:sales@perceptionscoaching.co.uk)*