

CASE STUDY

UNDervalUED TO HIGHLY APPRECIATED

Claire was working in a toxic culture, working long hours, feeling high levels of stress and being under valued and under appreciated. Because of the impact this was having on both her mental and physical health she left her job, without having a new one to go to. She approached me to help her navigate the job market, developing her confidence to speak about her achievements and abilities and working to improve her mindset after leaving such a negative working environment. Claire also had some longer-term health conditions she wanted to address.

THE CHALLENGES

- Negative mindset
- Stressed and exhausted
- Not confident to 'sell' abilities in and interview
- Improve health & fitness, lifestyle changes
- Procrastination
- Have a better work/life routine

1 TO 1 COACHING

- Was offered a new role as sessions began
- Started a new job
- Was immediately happier as felt valued and supported
- Discussed her health and what was important to her
- Worked thorough what has worked for her previously
- Use of positive language
- Planning was important to her, using calendars, notes and alarms
- Setting a routine to establish eating and exercise habits
- Medication management
- How to overcome and plan for challenges

RESULTS

- Created schedule for eating and exercise
- Flexible working enabled more time
- Enjoyed new role and being treated well
- Improved medication management
- Engaged with weight loss programme with success
- Felt more positive and was happier
- Had more energy
- Able to deal with sudden challenges better
- Beginning to plan for future

CONCLUSION

Claire's confidence began to improve once she had left her previous role and was enjoying her new job. She immediately felt appreciated and noticed a reduction in her stress. With less traveling she felt more energised and this supported Claire's overall health, wellbeing and mindset. Her focus to improve the management of her health was a priority for her. She put a plan in place for a new daily routine for healthy eating, drinking water, taking her medication and exercise. She began a weight loss programme, and saw progress within the first month. Developing a more positive mindset enabled Claire to start thinking about her plans for the future.



TESTIMONIALS

Working with Vicki was the best decision I made. She has helped me navigate through various challenges and shifting my perspective on life. She's made me realise my worth and what's important. She encourages me to talk about myself without pressure. She's taught me that its okay to not be okay.

Having someone who is impartial and helps me see the positives has really been key for me to progress in all aspects of my life.

My partner has said on multiple occasions that after I've had a session with Vicki he sees that a weight has been lifted.

I would recommend Vicki to anyone, if you need help and guidance to make changes in your life, she's the one to speak to!

Claire – Audio Visual Professional

Having spent 20 years in the Audio Visual and Live Events Industry, I appreciate and understand what a challenging industry this is to work in.

Whatever role you have, be it an AV Technician, Project Manager, Sales Person, Team Leader, Freelancer, or Event Manager, you are constantly working to deadlines, managing time, being reactive, managing multiple stakeholders, working away from home and traveling.

You will find it difficult to:

Take care of your health & wellbeing

Create a sustainable routine

Manage time

Manage expectations

Enable proactive planning

Contact me to discuss how I can support you to implement easy, positive, realistic changes to your life.



Ebb & Flow
Coaching



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Client permission to use name.