

CASE STUDY

OVERWHELM TO PROMOTION

Beth* contacted me in 2021, overwhelmed with her life. She was a mum to 3 children under the age of 4 years, a wife and a serving member of the UK Armed Forces. She described herself as having 'some issues' which were 'holding her back'. She was feeling very stressed and emotional, and was struggling with anxiety. She wanted to feel calmer and worry less and develop her self-confidence.

THE CHALLENGES

- Stress & Anxiety
- Low Self-Belief
- Lack of Confidence in certain situations
- Irritable
- Over Emotional
- Multiple Demands on Time
- Challenging Work Environment

1 TO 1 COACHING

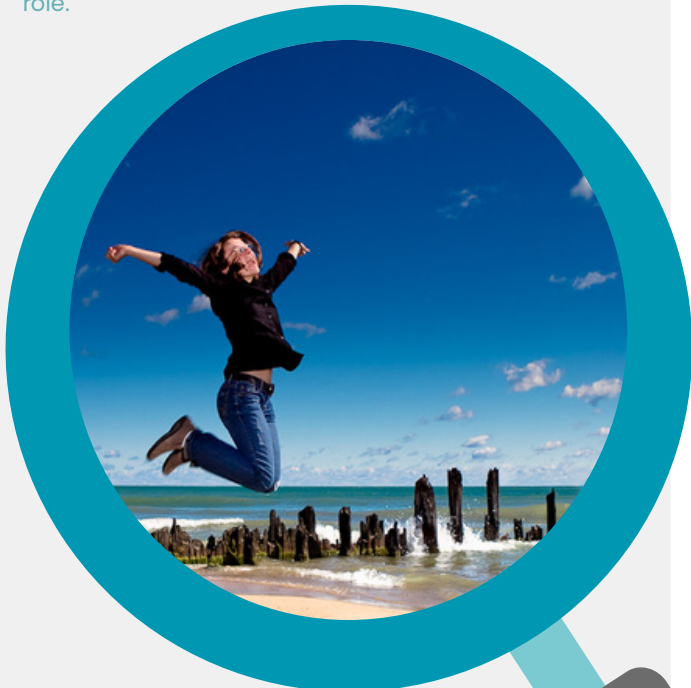
- Discovering what was important to her
- Identifying personality characteristics
- Addressing different parts of her life
- Asking her to focus on 1 specific area at a time
- Encouraging small, realistic actions each month
- She was able to implement focused coping strategies
- Engaged listening to identify what wasn't being said
- Working with Coaching tools and introducing new positive habits
- Developing self-awareness
- Working through challenges with colleagues
- Building confidence and self-esteem
- Engaging with self-compassion and herself
- She developed positive habits to overcome stress
- Supporting her promotion and role change in career

RESULTS

- Identified achievable small goals – personal and work
- Focus on the areas she could control
- Developed positive coping strategies
- Understanding her values and character strengths
- Where she could influence situations in the workplace
- Realising importance of self-compassion
- The value of time with children and loved ones
- Addressing challenges at work
- Developed self-belief
- Confidence to approach promotion board and selection procedure
- Promotion from Sergeant to Flying Officer

CONCLUSION

Through the sessions with *Beth, worked hard and took on board what she learnt about making positive changes and the impact they would have on her, her health, her mental capacity and those around her (family, friends and colleagues). As time went on, she developed the confidence and self-awareness to tackle challenges head-on with humility and tenacity. Having developed a positive growth mindset, she successfully fulfilled her ambition to become a Commissioned Officer and pursue a new career role.



TESTIMONIALS

As a member of the Armed Forces and mum of three young children, the return to "normality" post maternity leave and the global pandemic was challenging – life felt overwhelming. My self-confidence had taken a hit and juggling too many high-pressure roles and an insurmountable list of responsibilities was tough.

Through positive reinforcement and coaching, Vicki enabled me to see that in order to achieve my aspirations, I needed to first become more self-confident and kinder to myself. The techniques and coping strategies I was able to implement enabled me to thrive. I became calmer, more patient, more attentive, more productive and ultimately, my confidence and self-esteem grew.

Vicki has a natural ability to recognise potential and guided me insightfully towards my objectives. Coaching with Vicki has been an incredibly rewarding experience and I have no doubt there will be long lasting and irreversible benefits.

***Beth – Serving UK Armed Forces**

Whether or not you are a member of the UK Armed Forces, the NHS or any of the Blue Light Services, 1-to-1 coaching support can help you to overcome stress, challenging working environments and juggling life's demands.

What is stopping you from getting on?

How detrimental is stress and worry to your health and wellbeing?

What is the negative impact stress is having on you and your loved ones?

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

Ebb & Flow
Coaching



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*Name changed for client privacy