

CASE STUDY

THE CONSTANT JUGGLE

Amy* was a senior medical professional, working in the NHS and private settings. During our initial consultation, she repeatedly used the word 'juggling' when describing herself. She described herself as 'driven' but also that she felt under-confident in her senior consultant role, and as if any minute someone would discover that she wasn't really that good. She had good support from family and friends, she was married with two young children. She wasn't sure what she wanted, however a better work life balance, to be able to switch off from work and to stop questioning herself at work would be a good place to start.

THE CHALLENGES

- Impact of stress on family and herself
- Low Self-Belief
- Lack of Confidence at work
- Feeling a fraud
- Irrational brain
- Improve work, life balance
- To 'switch-off', improve sleep
- Demanding mother
- Procrastination
- Time for self

1 TO 1 COACHING

- Implemented coaching tools and profiles
- Understanding values & character strengths
- Establishing work boundaries
- Demands from relatives - Understanding control
- Stepping outside of comfort zone with career
- How she could plan for upcoming role changes
- What does confidence feel/look like for her?
- How she can begin to improve her confidence
- Better planning of work time
- Pursuing hobbies and interest, planning time
- Looking for learning opportunities in challenges

RESULTS

- **Began to keep a journal**
- **Planned in time for self and hobbies**
- **Began the Piano and ran half marathon**
- **Implemented work boundaries**
- **Took on additional educator supervisor role**
- **Improved networking with colleagues and wider support**
- **Engaged with positive reinforcement**
- **Understanding unable to control everything with relatives**
- **Felt less of a fraud, more confident in abilities**
- **Wrote case studies of work cases for positive reflection**

CONCLUSION

*Amy went from being full of professional self-doubt to improving her confidence and taking on new challenging projects. The coaching sessions supported her to understand what confidence meant to her and how others perceived her, at work and socially. This enabled her to identify where any self-doubt originated from and she was able to reduce the procrastination and instead, stepped outside her comfort zone on many occasions. Beginning a new hobby and finding time to re-engage with an existing one, gave her space for herself away from family demands and work pressures, and personal goals to strive towards.



TESTIMONIALS

Coaching sessions with Vicki were so helpful in many ways. I feel I now have a better work life balance and by focusing on confidence, I have stretched myself both professional and personally. I feel better equipped at managing situations at work and my workload. I have been to a few events where I have been with a lot of people I've not known, and I have been able to engage in conversations without doubting myself or feeling an imposter. Planning has been the key thing for me, in all areas of my life.

***Amy – Senior Medical Professional**

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 procrastination, develop confidence and engage positively with challenging situations.

Do you feel like an imposter?

Do you procrastinate?

What is stopping you from getting on?

What is the negative impact is self-doubt having on you and your career?

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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*Name changed for client privacy