



The Big Blue Box Ltd

### A Thank You Letter

This is the text of a letter I received from one of my coachees, B, a week or two after we had completed an initial series of four coaching sessions. She is a senior, female leader, renowned for her delivery of innovation and change, she is highly valued and successful in her challenging industry sector.

I'd been hearing about B in conversations around the client organisation for almost a year. However, over time her behaviour had become aggressive and impatient with colleagues, team relationships and performance were impacted and she was clearly 'stressed'. Whilst they were aware, neither her manager or HR intervened effectively and eventually B took extended sickness absence due to stress. I was introduced to support her on a phased return to work.

*'Dear Chris,*

*I wanted to write you a letter to share the way coaching has impacted me and my life. It has been an intense journey but one that has revolutionised the way I think and therefore, react to the world around me.*

*As a woman working in a male environment, a parent and a wife, there are a lot of demands and expectations placed upon me (although, now I recognise that most of these expectations are actually placed on me by me!). Looking back at my upbringing, strong women have run through many generations of my family and this has materialised in being the martyr and not readily asking for help. This is a strength BUT as I have taken more and more on in life and become the centre for so many people this approach has been my undoing – leading to a total burn out mid this year.*

*I realised I couldn't have it/do it all. I couldn't be the perfectionist that I wanted to be for everything & everyone and in fact is "perfect" really wanted or needed. I had to question, was I just doing too much... parenting, ....running the house ....managing the team ....delivering performance above what the client needed? My high standards were causing me such frustration and leading me to feel under-valued and exhausted.*

*Through our coaching sessions I have been able to find out about me. The sessions have provided me with the environment to take quality time out to really open up (which was scary to show such vulnerability, but essential to getting the right results for me) reflect and take a long and hard look at myself. I saw a very angry person who was reacting to everything and trying to solve it all. I took everything personally and I was totally invested in work. Everything was so important.*

*Chris, you have highlighted behaviours to me, opened up my thinking, introduced me to new thoughts and in particular the "Art of War". Taking more time to understand others and their aims of the game they are playing, has*

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*allowed me to think about my priorities, the pace of implementation and look more to the long game. This has allowed me to relax and take the pressure off of having to do everything now. Sometimes less is more.*

*This has not just had an impact in my work life but at home too. Considering the bigger objective e.g. with my daughter “to deliver to this world a mature & grounded 25 year old women” has stopped me picking at the little irritants i.e. untidy room, which has made for a far more relaxed and comfortable environment, from which now more can be achieved i.e. my daughter will help out around the house more and take on responsibility for preparing her things for school the next day.*

*Coaching has allowed me to feel more at peace with myself, achieve a better work life balance, become a calmer person to be around and actually more effective.*

*Looking after your mental wellbeing is more important than is currently realised. We are asked to eat healthily and exercise to look after our physical health, but where is the gym for the brain. The coaching you have provided Chris has exercised the demons and brought new life to my mind. I feel very lucky to have had the opportunity of coaching and to continue to build from this so that I can offer my full potential and value.'*