



The Big Blue Box Ltd

First Meeting Impact

Background

B is a very senior manager with international scope to his role. He is target and objective driven, responds to having a clear goal and has achieved his 'numbers' consistently. He is widely travelled and loves that part of his job. He is loyal and committed, and is beginning to look for his next promotion having been in his current post for over 2 years. The coaching project is to assist him retain his effectiveness.

The process

We met for the first time and B recounted his career story.

In the honesty of the first session B suggested that he is beginning to feel that he has peaked, that he doesn't really deserve his position, he is feeling increasingly constrained and it is affecting his confidence, self esteem and this is evident in his thoughts around his job. We then began to look at his wider life.

He is beginning to feel that things are not where he would like them to be and wider family relationships are not good.

'I've set some 'targets' and goals for myself. I want to run a ½ marathon, lose some weight, get fit, play golf with my buddies – I want to play on the best courses around the world – and I want to widen our circle of friends, travel and repair the family relationships. But I've has not been able to make any progress on these issues'.

We talked about these issues - rather than his work. We looked at the complete picture of B's life and the influences upon him throughout. B began to see a new image of himself and reflect upon his priorities, and recognised that he needs to achieve a new 'balance', that his priorities have changed and that a new plan is required.

Some ideas were generated and he agreed to keep a journal of his thoughts and actions as part of the coaching, to enable reflection and record progress.

The Outcomes

At the end of the conversation B immediately reported that he felt energised!

After our first meeting together this was B's thank you message, received the following morning

*'It was great to meet you yesterday. I really enjoyed the conversation, which gave me food for thought as well as a renewed vigour and energy to get things done.
As a result, yesterday evening I started my training regime by taking a long walk, and making a plan for the following day.
And this morning, I am up early and ready to take on the day.'*

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It appears that I have more of a sense of purpose, and that's only after a single meeting. The bar has been set high for our future discussions'.

'I am looking forward to our next session already, but in the meantime, I will be thinking about what I really want in all aspects of my life, and beginning to use my journal to document my thoughts.'

We have 3 more sessions arranged.