



LIFE 02

WILLIAM

Life turbulence

SITUATION: William approached Jody Michael Associates with a decision he'd been struggling with for many months. He was unhappy in his marriage. He was contemplating divorce. However, he did not want to turn the lives of his three children upside-down. He turned to JMA to help him gain clarity and provide him with the focus, guidance and support he needed through this difficult time.

RESOLUTION: To start, the coach and William examined his inner dialogue for clues that might favor one course of action or another. Should William initiate divorce? Should he try to get custody of his children? Could he be a single parent and earn a comfortable living at the same time? These are just a few of the many questions that needed answers.

Through in-session exercises and background discovery assignments, William came to understand his motivations with a clarity that enabled him not only to make decisions and take action, but also to plan future goals. In a proprietary JMA curriculum called Life RoadMap, William detailed his immediate and long-term aspirations. His objective was ambitious: to provide a peaceful transition for his children while caring for his own needs and starting a new life. William's personal Life RoadMap served as a guide and benchmark for the journey.

Through the facilitation of William's self-discovery, the coach had an understanding of the history and caveats of the situation, but was removed far enough from the situation that objective and

insightful questioning could occur. The coach provided support for the day-to-day choices that barraged the client during the legal separation. JMA carefully championed and held William accountable to move towards the goals he had identified in his Life RoadMap process.

Coaching is different from the psychotherapist-client agreement in that it is not ruled by process. Whereas a psychotherapy client benefits from a self-discovery process that may meander, the coaching client employs the coach to motivate him to achieve the result(s) he has identified.

OUTCOME: William accomplished a “successful” divorce. He gained custody of his children, maintained a civil relationship with his ex-wife and re-established his life. More important, he launched a new life in which he was able to care for his children as well as himself. With a solid foundation of trust built, William occasionally called on JMA for other emerging issues such as stress management, single parenthood, a new career as an entrepreneur, and a renewed interest in dating and social life.