



Angela
Cox

Mindset
MENTOR

LIFE COACHING
Client Story



Julia is a successful founder of a social enterprise, a talented coach, wife and mother. She chose to work with me over 12 sessions and as she is a trained coach, I was a little apprehensive. The initial session is always about establishing a fit both ways. It's important that my clients feel they can trust me and I need to feel comfortable that I can help.

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Julia says...

I was upfront with Angela, I explained that I can slip into coaching processes, rather than just allow myself to experience the coaching techniques for what they can provide me. Over the first phone call, I was quite apprehensive, having just had a terrible experience with someone who really didn't have the skills to support me. I wasn't sure about whether Angela could be strong enough and patient enough to get me where I needed to be.

Luckily for me, Angela and I felt there was a strong enough reason to get together and have a face to face meeting. That first session, we discussed what I wanted from coaching. Angela also shared that after the first phone call, she questioned whether she might be able to work with me. We discussed this and because of her honesty and keenness to 'do the right thing' for me, I felt I could relax a little more and trust that whilst coaching sessions might not always run smoothly, we were a good fit for each other. I opened up very slowly over time, so I am glad I chose the 12 weeks of coaching option!

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So once we have a connection the next step is to give the client space to explore whilst keeping them on a track that will lead to the outcomes they want. This can be a challenge and it's a real skill to find the right balance.

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Julia says...

I feel I need to apologise to Angela for my attempts to derail my coaching sessions! I flitted from one area of my life to another, I wanted to work on weight, on setting up my own business, on relationships with others and on connecting with my feelings. As a coach, Angela recognised that this apparently random set of issues, would be the way my mind would prevent me getting into any detail! If I kept changing subjects I'd would never get seriously down to a root cause. Her ability to let me get my 'diversions' out of the way, then get me to follow one or two simple processes to move me on was excellent. I knew it was happening, and I felt safe to allow it to happen.

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Often the coaching process leads to substantial revelations, breakthroughs or 'aha' moments as I like to call them.

Julia had one or two of these..



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Julia says...

I realised that I am also an empath, like Angela. That revelation and the ways it linked with some of my relationships opened up a whole new understanding for me. I was able to spend time exploring my life as an empath, living with a narcissist. I realise that my partner's narcissism was playing a part in my life, and that I had developed strategies to handle most of the behaviours. Occasionally, I'd be hurt by some words or actions; I'd process it then carry on. I realised I did this with most things in life. I'm adept at seeing 'situations, words or actions' then asking myself if they are useful or not; if they are not - I send them on their way! Keeping this external to me, meant I didn't feel them or spend too much time worrying about things. After one coaching session, I agreed to relax my strategy, and to allow myself to let things in, process then let them go... and little did I know when I agreed to try this, this was the breakthrough I needed.

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Supporting clients between sessions is all part of the service and I always underestimate the impact a quick text or email can have as Julia describes..

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Julia says...

I took time out to write a piece about my 'Life' and after doing it; I had a very deep and emotional connection to myself, my feelings, my heart. It seemed that I had opened a very closely guarded part of me and I emailed Angela with this...

I wrote the 'story of my life' on Saturday and I'm now in a weird head space... I did it really quickly and tried not to censor stuff. I read it and I see a different me to the one I want to be... pretend to be! Feeling a bit teary and a bit of a weight on my chest... also sense of panic.. I wanted to share now whilst it's happening because I will have packed it away by time I see you again.

This is a real positive. Deep down you know you present a much harder, more together version of you than the softer version you sometimes let me see.

Allow yourself to wear the real you for a bit. It's only uncomfortable because it's different. But imagine how it might feel after you have worn it a few times.

Since this exchange, I have been allowing myself to be more authentic, more emotional, more open to taking time to experience, feel and then process in the context of my new life.

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The best part of the coaching journey for me is seeing my clients flourish and watching them achieve..

Julia has done and is doing amazing things..

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Julia says...

I have a closer and more genuine, authentic relationship with myself. I am allowing myself to be angry, to be hurt, to be happy to be loved and every emotion in between!

My partner and I have agreed new ways to communicate with each other, that allow us both to be ourselves in a more harmonious way. I accept his narcissism, he accepts my authenticity.

I have set in motion the new business, with the creation of website, resources and making my own network of people. I have invested in two training courses that will enhance and build my skill set, so I can go on to help more people with their thinking.

The area I have to concentrate on now is building on some changes in how I look and feel about myself. This seems more likely to happen now I have sorted the other areas of my life out. So, already having new hair colour and nice nails each month, I am going to work on healthier eating and more exercise.

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If you'd like to create your story through a coaching journey with me, do get in touch at

www.angela-cox.co.uk