

# Coaching Stories: Suzanne Rogers

*Five months ago, longtime client Suzanne Rogers was struggling with her job as a higher ed housing administrator and stuck on how to move forward. She decided to commit to a series of eight coaching sessions as a practical, action-oriented step toward getting unstuck and making changes.*

*Since Suzanne and I had worked together for years, she trusted me to coach her through the process with care. Shifting from a client-practitioner relationship to a client-coach relationship took some warming up for Suzanne. She had become quite familiar with sharing a problem and looking to me for answers. Now as her coach, I looked to her to set the session agenda and collaborate on practical actions to practice that would move her toward her goal. I couldn't be more delighted with the work Suzanne did, and you can see in her interview how pleased she is as well.*

## **What were your personal goals with being coached?**

I wanted to understand why I was so “stuck” and unable to see where I was not being authentic and so unhappy in my work life. I initially thought that a new job was going to be the gain.

## **How are you different now?**

Through coaching, I see what it means for me to be my authentic self in every situation, be it professionally or personally. I have new tools, and confidence in using them, to navigate difficult work situations without so much fear. My resistance to change, despite my wanting it, was also holding me back. I have begun to invite change, and the inevitable death of all things, as the way toward rebirth and new possibilities.

## **How do you feel about yourself given these changes?**

I feel a lightness and confidence that I have not had in years. I have a better understanding of what keeps me balanced and grounded. I like myself, feeling more inspired to try new things and be more creative.

## **What were your key learnings over the last five months?**

So many!☺

- I learned that my perception of jobs and earning a living has been guided by a victim/hero mentality. This has caused me to isolate and not ask for help from my work community.
- I also learned that I am able to show up authentically; I can be myself in any situation.
- I was able to reveal some of my underlying narratives, which caused a duality in the way I view work.
- I also discovered patterns that lead me to the same difficult place in my job. I have new tools to minimize or prevent that from happening in the future.
- I learned that I am worthy of having the career of my choosing and capable of making good decisions for my future. I better appreciate my versatility and embrace my desire to NOT fit the mold in the corporate world.

## **What might bring you back for further coaching?**

There are likely more stories I have running in the background that have yet to surface. I have not made a career change yet. As I explore new options, more coaching could be helpful.

## **Given your new skills or perspective, what are you doing differently?**

I am making training videos for my job and started a podcast. I am exploring a career in coaching and ways to bring all my skills together to help others discover their next step.

## **What was it like to be coached?**

Overall, it was wonderful, enlightening and empowering. At times it was incredibly uncomfortable and painful. I had to dig deep and admit where I was responsible for my situation, but also where I am empowered to change it.

## **Do you have advice for readers considering a coaching commitment?**

Go for it! It is far more beneficial than I imagined. What you learn about yourself will take you on an inner journey, leading to a new perspective on your life.

*Does the idea of being coached intrigue you? Read about why I coach. Would you like to know more about working together? Here is a great place to begin.*