



# CLIENT CASE STUDY



Introducing, **Darcy Wolfe** from DSW Mindset Coaching.

When Darcy first came to see me, he was a 24 year old guy stressed out and confused with what was to come next in his career, life and future. He wasn't sure what he wanted to do next, but knew it wasn't to continue doing things as he was.

We had caught up a few times during the past for a few coffees to discuss possibilities, but there was never anything structured as far as coaching goes.

One evening he sent me a message and explained he wanted to set up something more formal and take control of his life with my help. We discussed what a personalised coaching package would look like and got to work to create a more fulfilling future.

Initially, we spent time to discover all of the perceived problems that were currently occurring in his life. We spent time identifying exactly what they were and exactly how they were affecting him. Career, Relationships, General Stagnation, Financial and Lack of travel (independence).

Next, we brainstormed and strategised all of the ways that we could create a new future for him that would keep him feeling inspired and ready to tackle life head on. Although he currently held a full time position, the size of the company was getting him down and lack of growth was a cause for concern. Add to this the fact his role was particularly lonely and lacking any social interaction, it was time for a shake up.

Due to financial reasons, quitting outright was not an option. We had to build a more sustainable plan where we would see a new career secured before fully leaving the current position.

After spending some time and discovering that social interaction, learning and personal development, and allowing his bright personality to shine through was high on Darcy's values, we came up with two valid options for his career:

1. Apply for the managerial position at a local, trendy cafe that was opening in his home town (all while learning a new skillset and being surrounded by people all day).
2. Apply for a diesel mechanic position in the Western Australian mines where he could use the existing skill set he had, while meeting new people, travelling to a new state and getting comfortable becoming uncomfortable. The financial prospect of this would also allow frequent travel in the 'off' periods which could include exotic tropical locations. While choosing this option would mean 7 x 12 hour day shifts in a row, followed by 7 x 12 hour night shifts, it would also mean he would get 7 days off in a row at a time. This would give Darcy some time freedom to continue building the life coaching practice he had a deep desire to create.

Before quitting however, it was important for Darcy that we maintained a level of integrity and honesty within his community (as his family still reside there) so simply packing up and leaving was not an option.



# CLIENT CASE STUDY

In the end, we chose the second option as it would allow Darcy the greatest benefit toward his highest values with less downsides.

We then built an exit strategy and worked hard to ensure all parties involved saw how this was actually an opportunity. Darcy not only left on honorable terms with his old work place, but there was an offer that if he ever needed casual or full time work in the future, to please give his boss a direct call.

After working together in the coaching program for a number of months, Darcy had completely shifted his life trajectory and not only is he thriving in the new environment in W.A, but he is also able to travel frequently to Bali and Queensland to enjoy time with family or alone to work on his future business ventures.

I am truly grateful to be able to have served someone such as Darcy and know when someone is willing to put in the work like Darcy does, there is no stopping them.



To see what coaching can do for you and your life, please visit <http://haydenwilson.com.au/coaching> and discover how we can help transform your life.