



REDISCOVERING A PASSION FOR THE WORK

The H. Corporation is a global leader in advanced transportation technologies, manufacturing, digital services, and energy systems. Their director of energy systems and customer support, R.W., has been with H. for over ten years. R.W. moved up through the ranks and is now responsible for the core team as well as managing cross-functional projects and integrating staff from newly acquired companies.

Struggling to find purpose

The pandemic was hard on everyone but hit R.W. full force. As she put it when we began our six-month coaching engagement, "As I worked from home through the pandemic, I found myself in a work slump. I lost my purpose, and with it, the energy to care. It became a slog simply to get through the day. I didn't easily emerge from this slump as the pandemic lessened. Basically, it was either change dramatically or quit. And then I met Chris."

Getting SMART about goals

R.W. and Chris's engagement began with five sessions, identifying a loss of passion and "missing mojo." Individual coaching followed, using assessments to create a custom leadership plan focused on R.W.'s priorities and strengths.

Over three additional months, R.W. addressed specific work challenges, incorporating powerful tools to gain insight and explore new options. Regular meetings with Chris uncovered external factors and internal struggles, helping R.W. reframe perspectives and embody leadership presence. For each new challenge, R.W. designed SMART2 goals with Chris's support, ensuring they were **(S)** strategic and significant, **(M)** measurable and meaningful, **(A)** actionable and achievable, **(R)** reality-based and relevant, and **(T)** time-bound and timely.

Personal and professional success

R.W. credits her coaching with Chris for rediscovering her purpose and gaining a fresh perspective on work choices. From wanting to quit and try something new, R.W. realized her unique skills are valuable where she is. Her superior performance and new skills have put her back on track, exceeding her goals and achieving life-changing discoveries about integrated mind, heart, body, and spirit.

Now, R.W. and Chris work together monthly to maintain momentum until the next growth edge. As R.W. said, "Chris will provide you with the tools to help uncover your best work-self and provide a safe, brave space to explore ways to handle any work situation you might be experiencing".

