

Activ8Change

Coaching. Facilitation. Speaking.

Testimonial Case Study

How to Get Better Results & Greater Happiness in Business & Life by DOING LESS

"Activ8 Change distributed a free booklet titled "Is Work taking Over Your life?" This title stopped me in my tracks, work wasn't taking over my life it WAS my life..."

A few years earlier I had started a business with 3 others and it had so consumed my time that all my hobbies, friendships, health and fitness and general well being had been sacrificed. I was thin, sickly and increasingly bitter that I was missing out on any pleasure and fun in life, all I did was work really hard, go home and sleep and back to work again.

I have always been a very self motivated, high achiever. I constantly set goals and gained great satisfaction from achieving the seemingly impossible. I definitely didn't seem the type who would need a life coach. I like to do things myself and rarely ask for help from anyone. While this attitude has given me a proud list of achievements over the years in my career, studies and sport, my constant need to push myself was beginning to have a very negative impact on my life.

Through coaching, I realised I was a workaholic.

Like with most addictions, work had given me so much pleasure and self satisfaction in the past, but had now reached a point where I had lost control, I was unable to stop and it was having a negative impact on all aspects of my personal life, even though the business was benefiting greatly from my commitment. Through coaching I learnt to set limits, I reduced my daily task list to a more realistic work load and decided that not everything had to be done today. I made time for leisure activities by scheduling them into my week and Sacha helped me get over my mentality of needing to be 100% productive all the time. It was okay do to things just for fun.

Working less meant I had to delegate more to my staff. This forced them to take on more responsibility and for many was an empowering opportunity to develop their careers. They enjoyed the challenge and brought fresh perspectives to the business, I realised I didn't have to do everything after all and could concentrate on the big picture of creating systems to streamline the business and develop staff rather than the day to day fine details which had taken up so much of my time.

I also started to realise there was more to life than work. I quickly found new things to occupy my time in the evenings and weekends. My health improved as i had more time and energy for exercise and less stress. I began to make more time for others and placed more value on the importance of friends and family. But the biggest change was deciding to have a baby. I'd never been keen on having children as they would get in the way of my career. If I had kids, I wanted to be the one to take care of them and not send them off to childcare. For most people, this is an impossible dream, let alone women as career focused as myself. By drastically reducing my workload through delegation and better systems, I am now able to take care of my baby full time and still meet the needs of my business.

The best thing about coaching with Sacha was having someone listen to me without judgement. Sacha listens, writes notes and then asks me questions that help me find the solutions myself. We eventually got to the stage where Sacha didn't think I needed any more coaching but I was still able to use these techniques in the future. When I have a problem, I think of the sort of questions Sacha would ask and I usually find a solution or way forward with what has been worrying me."

Alison Smallwood, Director, Dynamite Games