

FROM AN OVERWHELMING GOAL AND HIDDEN FEAR TO CONFIDENCE, SELF-TRUST, AND CONSISTENT PROGRESS

THE STARTING POINT

Before coaching, this client was standing in front of one big, overwhelming goal. It felt scary, distant, and hard to hold onto all at once. Underneath the goal itself sat something less visible but more powerful: fears that had been shaping her choices and behaviour for a long time, without her ever fully realising how much control they had.

THE PATTERN UNDERNEATH THE PROBLEM

As the sessions unfolded, it became clear that the size of the goal wasn't really the problem. The relationship to it was. Old fears, a habit of being hard on herself, and a tendency to treat any deviation from the plan as failure were all silently running the show. These patterns weren't visible on the surface, but they were making the path forward feel more demanding than it needed to be.

THE DESIRED SHIFT

What she wanted was to move toward her goal without being crushed by it, to feel motivated instead of overwhelmed, confident instead of fearful, and gentle with herself instead of critical. She wanted proof, along the way, that she was capable of getting there.



I felt like I could breathe again

(Nicolle Dauer)

THE COACHING APPROACH

Over six sessions with me, each one carefully prepared, the work centred on breaking the overall goal down into smaller, more manageable milestones. Every exercise and piece of homework was targeted to help her learn something new about herself, building self-awareness alongside momentum toward the goal.

THE TURNING POINT

The real shift came through a visualisation exercise, imagining what her ideal work environment would look and feel like. It was, in her words, like switching a plug: she suddenly understood ‘why’ she was doing all of this. That image – the sense of ease, happiness, and calm it brought her – became something she could return to whenever she needed reassurance.

THE PRACTICAL CHANGE

From that point, tangible shifts followed:

- Breaking the overall goal into smaller, less intimidating milestones
- Celebrating each small win as genuine progress
- Letting go of fears that had been silently directing her choices
- Practising gentler, more forgiving self-talk
- Accepting that trial and error is part of reaching any goal, not a sign of failure
- Continuing to set weekly goals long after the formal sessions ended

These weren't overnight transformations; they were sustained changes that made the path forward feel lighter with each step.

THE OUTCOME

By the end of the coaching journey, she felt more confident, more self-trusting, and closer to her goal than ever before. She described the process as empowering and motivating, and noted that even after the sessions ended, she kept using what she'd learned – setting weekly goals and returning to the sense of clarity the work had given her.

THE BROADER LESSON

This case study shows that a goal doesn't have to feel smaller to become achievable: it has to feel possible. When a big goal is broken into steps, met with self-compassion instead of pressure, and supported by the right questions at the right time, people find not just a path forward, but a stronger relationship with themselves along the way.

The key takeaway

*When you break the goal down, you
make the fear small enough to move
past.*