

FROM VAGUE UNCERTAINTY TO REAL CLARITY ABOUT WHAT MATTERS

THE STARTING POINT

Before coaching, this client wasn't entirely sure what she wanted to work on, only that several areas of her life felt worth exploring. Her thoughts about them were vague, half-formed, and hard to pin down, even to herself.

THE PATTERN UNDERNEATH THE PROBLEM

As the sessions began, it became clear that the vagueness itself was part of the pattern. Beneath scattered comments and half-finished thoughts sat real concerns worth acknowledging: a side project she took less seriously than it deserved, and work-related insecurities that felt bigger inside her head than they were in reality.

THE DESIRED SHIFT

What she wanted, once the sessions began to take shape, was to actually find out what she meant by her own vague comments, and to dig into the specific questions underneath them, rather than staying on the surface.



*It wasn't actually as bad as I'd
made it out to be (PH)*

THE COACHING APPROACH

Using the Wheel of Life exercise, sessions began by identifying which areas of life she most wanted to focus coaching on. From there, I questioned her vague comments directly, gently pushing past the ramblings to find out what she actually meant, and digging deeper into the questions that surfaced.

THE TURNING POINT

The turning point came in a session that went further than planned, touching on work-related insecurities she hadn't intended to bring up. What she discovered was that what had been troubling her wasn't nearly as bad as she'd built it up to be in her own mind.

THE PRACTICAL CHANGE

From that point, tangible shifts followed:

- Naming and clarifying thoughts that had previously stayed vague
- Taking a side project more seriously and thinking about it with more structure
- Reframing work-related insecurities as smaller and more manageable than they'd felt
- Recognising the difference between how a situation felt and how bad it actually was
- Knowing where to turn for further support if she wanted to keep going

These weren't loud, big changes; they were quiet but real shifts in self-perception.

THE OUTCOME

By the end of the coaching journey, she had covered far more ground than she expected – personal, work, and a side project all at once. She left with a plan to take her side project further, a lighter relationship with her insecurities, and a clear sense of where to go if she wanted more support.

THE BROADER LESSON

This case study shows that clarity often starts with permission to be vague out loud. When someone is met with the right questions rather than judgement, what felt overwhelming or hard to name can turn out to be far more manageable than it seemed.

The key takeaway

What feels unmanageable in your head is often smaller once it's said out loud.