

CASE STUDY

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LIFE COACH VERONICA



This client worked in auditing, a high-pressure environment where deadlines and demands never seemed to end. She came to me feeling drained, no longer enjoying her work, and struggling with the physical and emotional shifts of menopause. She described her days as “I don’t get a moment to breathe until my head hits the pillow at night.”

On top of the exhaustion, she was frustrated by not knowing what the next stage of her life should look like. She wanted to map out the next five years to set a clear direction and prioritise what mattered most, instead of simply surviving each day.

In our session, we worked on identifying her options, both the ones that were realistic and the ones that felt out of reach but deeply desired. We explored what those possibilities might look like in practice, and how they could show up in her life if she chose to design it around her values rather than around pressure.

The breakthrough came when she began to see that her “unattainable” options weren’t impossible at all, they were simply waiting for her to give herself permission to consider them. That shift gave her a renewed sense of power and ownership over her future.



By the end of our work together, she felt clearer on her direction, more confident about what steps to take, and more focused on **giving herself the energy and self-love** she had neglected for so long.



This is the heart of what coaching is
with me: creating the space to step
back, look ahead, and reimagine
what's possible, not from exhaustion,
but from clarity and strength.

This is the kind of transformation I support through my coaching packages. With the 3-month Leadership Reset Package or the 5-month Reclaim Program, my clients gain:

- The **clarity** to step back and see their options, not just their obligations.
- A **framework to design their next steps** around their values, energy, and vision.
- **Permission to prioritise** themselves and reclaim the strength, confidence, and presence they've been neglecting.



Coaching isn't about adding more to
your plate. It's about creating the
space to pause, reflect, and
reimagine what's possible, from a
place of **clarity and strength**, not
exhaustion.



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