

CASE STUDY

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LIFE COACH VERONICA



This client, a working mother in her late thirties, came to me feeling constantly pressed for time.

She carried the weight of her job, parenting, family responsibilities, and running a household - yet in all of it, there was no space left for her.

She told me she was frustrated, snappy with the people she loved, and tired of always running on empty. More than anything, she wanted to feel less angry, more able to cope, and to stop feeling like time was her enemy.

In our session, we worked on priorities and core values - what truly matters most, and how those values show up (or don't) in daily life.

The breakthrough came when we explored the idea of combining non-negotiables with her “must-haves.” For example, giving the kids quality attention and making time to move her body.

Together, we came up with a simple but powerful idea: “kiddie PT”, exercising with her children in a way that gave them playtime and her the movement she craved.

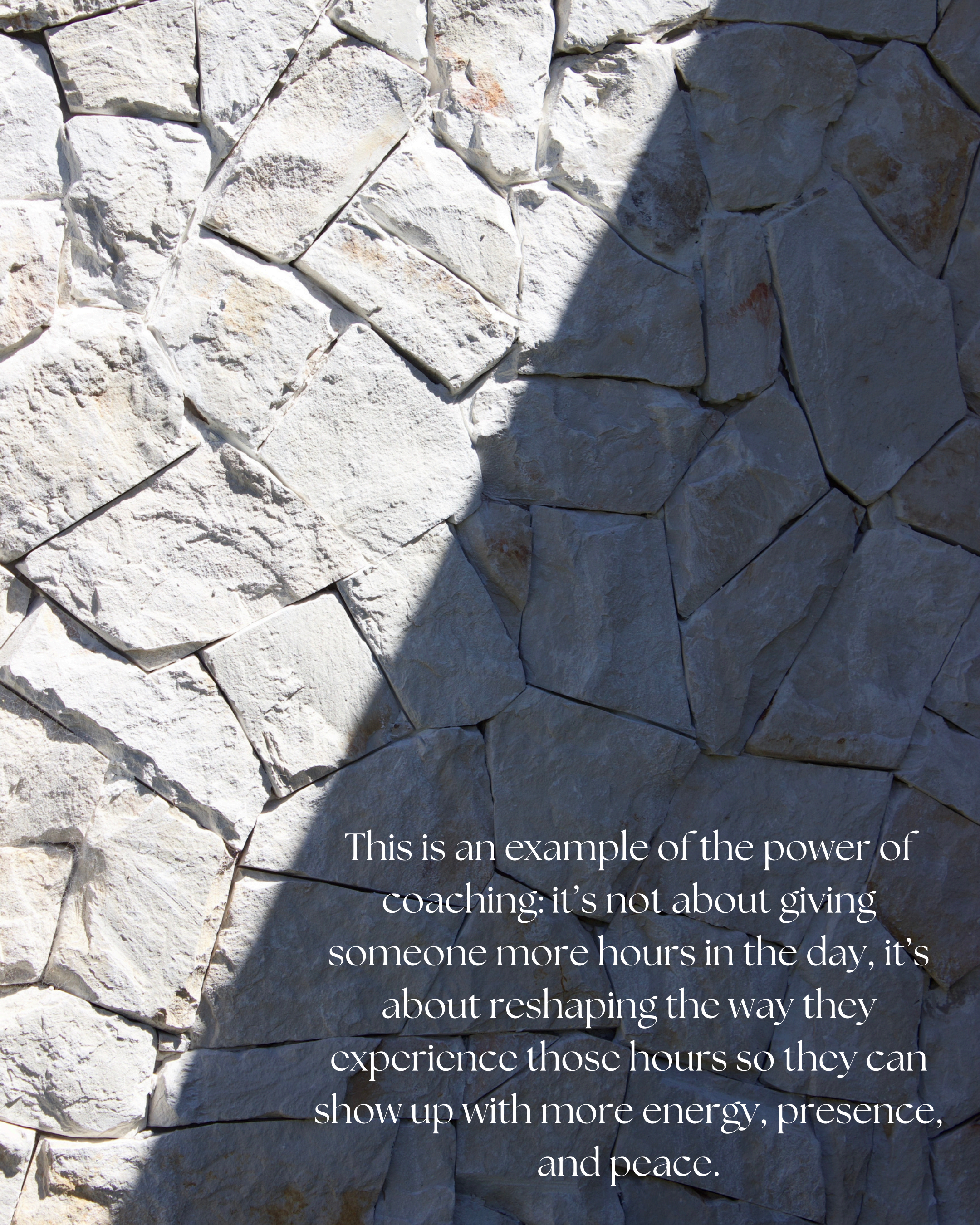


We also explored her relationship with time itself. For her, time had always felt like a strict taskmaster, something she was always chasing but never catching up to.

Through coaching, she started to reframe time as something she could design, not just survive. By aligning her core values with her schedule, she began to see that creating space for herself wasn't selfish, it was essential.

By the end of our session, her language shifted. Instead of "I'll never have enough time," she started saying "I can choose how my time feels."

That shift gave her both relief and a sense of control.



This is an example of the power of coaching: it's not about giving someone more hours in the day, it's about reshaping the way they experience those hours so they can show up with more energy, presence, and peace.

My client's story of transformation started by investing in herself and choosing to put herself first 1 hour a week with Life Coach Veronica.

Many of the women I work with (high-performing professionals, working mothers, or leaders juggling multiple responsibilities) feel the same constant pressure of time and obligations.

They want to feel less stretched, more present, and regain a sense of control over their lives.



Through my coaching packages, we focus on helping clients:

- Clarify priorities and core values so every choice feels aligned and intentional.
- Design their time and energy around what truly matters, rather than just reacting to demands.
- Create space for themselves without guilt, so they can show up with more energy and presence for both work and loved ones.

For example, in the client's journey described above, she discovered ways to combine non-negotiables with her “must-haves,” like turning exercise into a playful activity with her children, a simple shift that made self-care feel natural rather than an extra burden. That’s the kind of practical, sustainable transformation we focus on together.

Whether it’s through the 3-month Leadership Reset Package or the 5-month Reclaim Program, my work is about helping clients stop surviving and start designing a life that feels like theirs again, full of clarity, confidence and energy.



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