

CASE STUDY

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LIFE COACH VERONICA



When this client first came to me, she was completely overwhelmed. She carried so many roles.

Director to a large company, running a side hustle, mum to young children, sister, daughter, carer, wife; and underneath it all, she was struggling with low self-belief, a lack of self-love, and the weight of the past she didn't know how to move forward from.

She described life as “a constant pressure cooker,” where every demand pulled her in a different direction. Her words reflected what so many of my clients feel: “I’m doing everything for everyone, but I don’t know how much longer I can keep going like this, I feel so tired”.

One of the most powerful things we did in our session was surprisingly simple: a brain dump. It gave her space to exhale, put down the endless thoughts, tasks, and worries, and finally create some room in her own mind. For the first time in a long while, she could see her priorities clearly instead of drowning in them.



That single shift, creating space, allowed her to start separating who she is from the weight of everything she does.

It gave her permission to breathe again, to imagine what moving forward could look like, and to begin reclaiming her confidence and her voice.

Together, we imagined a future shaped by choice and not obligation.



This is what coaching is about with
me. It's not about fixing you.

It's about creating a space to
untangle the noise, find clarity, and
step into a strength without sacrifice.

This is exactly the kind of transformation I support through my coaching packages. Whether it's the 3-month Leadership Reset Package or the 5-month Reclaim Program, my work is about helping clients:

- **Untangle** the noise of their day-to-day and gain mental clarity.
- **Rediscover** priorities and core values, so every action feels intentional.
- Step into a **strength without sacrifice**: showing up fully without losing yourself in the process.



Coaching isn't about fixing people.
It's about creating the space to
breathe, reflect, and step into a life
that feels like yours again.



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