



Steve's Success Story

Steve had worked in management for a company for 2 years. Having come from an electrical background, Steve found his new role refreshing and was excited to give 100% of himself to creating a positive and productive team. Whilst all was going well, the company decided to restructure their systems, policies and procedures. These new ways were still in early stages of implementation and Steve had become anxious within himself with all the new changes. To add to this, his team was not happy with these changes and started to become angry, and short with Steve, as Steve had not had answers to questions for them. Steve became behind in his paper work, was working through lunch times, started work early and finished work late. This also had affected his personal life with loss of self-esteem and having relationship issues with his wife.

After working with Steve, he was able to identify his situation and his anxiety and stress levels, and was able to see how his workplace situation had flowed into his personal life. Addressing these issues, Steve gained clarity and participated in making positive change. Steve developed emotional intelligence with Tools 4 Life approaches and was able to turn his life around.

Results

The **result** for Steve was better time management; Steve was able to bring his stress and anxiety under control and had rebuilt his own personal power to effectively lead his team through the organisational changes. By implementing "Relationship Training" techniques, Steve's communication developed immensely and he was able to bring positive change within the workplace and in his personal life.



Mary's Success Story

Mary had worked in administration for an organisation for 2 years. From the moment she started her new job, she had noticed another staff member had never been friendly towards her, even after Mary had made several attempts to get along. The administration team was only small and Mary had felt constantly left out of discussions, as the other 2 staff members got along well. When it came time for general business and work decisions, again Mary had not been included and information was withheld from her, thus leading her to find answers and help via other sources. This had taken up a lot of wasted time and energy on Mary's behalf and over time the administration teams communication broke down considerably. With many attempts to rectify the situation from management, things slipped back into old behaviors, and the bullying and gossip would start.

Mary became stressed, withdrawn and felt very isolated at work. She felt like she was constantly walking on eggshells, which led to having time off from work on stress leave, sick days and she had developed feelings of depression.

After working with Mary, she was able to define the issues at work, reassess her situation by examining the team dynamics and also examining her own thoughts and beliefs on how things should be managed. Integrated approaches were used to bring positive change for Mary and she had become inspired to work towards effective communication, problem solving and goal setting with in her team.

Both Mary and the other team members implemented "Tools 4 Life – Relationship Training" techniques and a new cohesive work team was in the making.

Results

The **result** for Mary was happiness and peace in the workplace, along with a sense of belonging and purpose at work and in her personal life.



Business Success Story

An employer of a large business set himself the objective of pulling out of a stagnant loss-making situation and to regain market dominance. He set out to accomplish this by completely redesigning his marketing brands. His company also implemented a large-scale program of organisational restructuring. Changes were being implemented and staff performance were being reviewed. This came with a high personal cost for this employer: a, in terms of his health (stress, anxiety, and fear) and b, a high organisation cost (in terms of disappointing efficiency increases). The employer was concerned about the apparent stressful experiences of those involved in money dealing, the nature of the job itself, relationships with people, and career development opportunities. The employer had become very anxious and stressed to the point of not sleeping properly, not eating well and having a sense of not coping.

After working with this employer, “Tools 4 Life” coping skills and strategies were embraced and he was able to re-evaluate work issues and gain clarity in the development process. His well-being was addressed and he began the process of change.

Results

The **result** for this employer was that he gained awareness of his workplace efficiency, a reduction in stress and his long-term goal of selling his business came along much sooner. He now has financial freedom.



Sue's Success Story

Sue was a small business owner with 5 staff members. After struggling financially for a year, Sue was concerned about the future of her business and the possibility of closing her doors. Sue had fears of letting go her staff and had lost her focus and direction for her business.

After working with Sue, she was able to develop a growth plan with a 3 month and 6 month goal. "Tools 4 Life" not only gave her a vision for herself but also a vision and direction for her business. Sue was able to identify her challenges, and gained the ability to focus on where & how to invest her energy. Sue gained enormous confidence which empowered her to implement new strategies and she was able to develop her personal values, which gave her a starting point of how to turn her business around.

Results

The **result** for Sue was that within the 6 month time frame Sue's business had increased revenue and profits. She had found more efficient ways to run her business and she created short term and long term action plans. Sue's business passion, purpose and direction had been reignited again.



Sarah's Success Story

When Sarah first came to “Tools 4 Life – Developing People 4 Success”, she had been recently separated from her husband. Sarah had thought our sessions would help her to rebuild her life and set up her home-based business.

Tools4Life – Relationship Training gave Sarah the ‘Tools’ to communicate more effectively with her ex-husband as they both had children and would be parents for life. This was a huge relief for Sarah as the thought of her starting her own business as a single parent seemed overwhelming and unattainable at that time, her ex-husband also was relieved as he also wanted to move on with his life and have the flexibility of sharing the children.

Whilst Sarah worked part-time she was keen to start her own home-based business. The many changes in Sarah's life had been daunting; working with her on past unresolved issues on an emotional level, enabled her to resolve with her ex-husband and him with her as they developed harmonious parenting strategies and an acceptance as to where they both were in their new lives. Sarah then had the strength to look at her own career path with a positive view.

Results

The **result** for Sarah was she had resolved within herself about her husband leaving her and made the decision to work harmoniously with him as they would always be parents together and needed to have a good relationship.

Sarah had started working in her passion, which opened doors and had ignited a new desire to follow her career pathway to success, Sarah works in the people industry where she touches the lives of many through her yoga and meditation classes.



Nancy's Success Story

Nancy was an employee for an organization. She was required to work in a team of three people. Nancy was new to her position, her two co-workers had worked together for years and had a very good working relationship. Nancy had felt left out and her input not acknowledged or even considered, decisions were made without Nancy by her two co-workers, Nancy had become frustrated, not valued and overwhelmed at work, Nancy also suffered anxiety as she was a perfectionist, Nancy's workload seemed to pile up due to her being a perfectionist, and Nancy's private life was out of balance too.

After working Nancy, "Tools4Life-Developing People 4 Success" was able to address Nancy concerns and issues of the past that appeared to be playing out in her current work life. Nancy was able to recognize the cycle being repeated and deal with those issues.

Nancy developed a good understanding of the ten stages of relationships and applied the communication strategies with her colleagues who acknowledged Nancy as part of the team and have continued to respect and value her opinion. Nancy also worked on where her anxiety and having to be perfect originated, she dealt with those thoughts and behaviors.

Results

The **result** for Nancy was being able to deal with her anxiety and perfectionism, begin to communicate more effectively and set healthy boundaries within her team. Nancy was also able to bring back passion, joy and fun into both her career and personal life.



Peter's Success Story

Peter was a manager for a large company; he was in charge of 10 staff. Some of his staff members were playing the system not complying with their job description or time management. Peter would address these matters regularly; at times through frustration he used tone of voice when speaking with staff.

Peter was accused of being rude, abrupt and using bad language, the staff had made written formal complaints against Peter. Peter could not believe these accusations as according to Peter he was just following orders from his managers. Peter refuted these accusations as he wasn't accustomed to using bad language or rudeness.

Peter had become very anxious, his thoughts were muddled and he was very confused, Peter had had very little sleep. The ordeal of being investigated, the severity of the whole experience had devastated Peter.

After working with Peter, "Tools4Life-Developing People 4 Success" was able to support Peter by coming back to the facts, staying in the truth, delving deeper into Peters past, he had been bullied as a child and in adolescent years, the same experience was occurring in the workforce. Peter was able to identify and work through his past, which took the charge out of the issue at hand, giving him clarity around his present situation. Processes were used to support Peter in moving forward.

Results

The **result** for Peter was that he had clarity around his present situation, the emotional charge had calmed, Peter was clear and focused with the investigation. The claims made against Peter were dropped.