



Judith K Hamman LLC
CERTIFIED PERSONAL & BUSINESS COACH

Judith Hamman MA ACC
coach@judithhamman.com
phone 970.493.6006

www.JudithHamman.com

Case Study - December 2009 ***Judith K Hamman - Certified Coach***

PROBLEM

John had spent eight years in an intense corporate culture. He was burned out. He wanted to “re-discover my business options and find new directions for my life.” He wanted fuller relationships along with his personal growth. He was concerned about failure without support in the form of an objective coach who would collaborate with him through his life changes. After interviewing several coaches, he chose Judith. make significant changes in your work or business.

SOLUTION

After a strategy session where he explored his options and different results that he wanted in his life, he committed to 16 hours of the life expanding coaching program.

PROCESS

During Discovery in stage 1, John identified measurable states of his own well-being which he had been ignoring, and this allowed him to get up every morning with more passion. He began changing his attitudes and feelings about his life and work through an effective exercise designed especially for his kinesthetic learning style. John was also willing to face his fears with courage and move forward.

OUTCOMES

He found his life purpose and began applying it to all of his decisions and choices. Designs for his new business developed along with new opportunities. Relationships deepened and a new sense of confidence came alive when he knew he could create both the business and the life of his choice.

“I have established my life purpose and I realize that I will be successful with my new business venture. I’ve also re-established my important network systems. This program kept me on a path to my destination and helped me clarify what indicators I need to watch for in my life.”

**Visit www.JudithHamman.com
for a complimentary strategy session**

