

## Case study\*



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Jackie, a 31 year old mother of Harry, was a middle manager for an investment house in Edinburgh and had been working for them for over ten years. She came to Beeleaf Consulting for coaching as she was concerned about how she was going to cope with going back to her 'demanding' job. She had just got used to motherhood and didn't know how she was going to combine it with the long hours and pressure in the office. She felt anxious when she thought about work and it was beginning to affect the time she had at home with her baby.

By using visualisation techniques and anchoring positive 'can do' boosts of confidence which Jackie could access when she felt she was losing control, her confidence grew over a course of two sessions. She could then start prioritising her goals for the rest of her maternity leave and the first few months back at work. I helped her take practical steps of contacting her work, prepare for meetings with her boss and advise her on her application for flexible working. This took some weeks of negotiation with her manager but with support, she remained confident about her decision. At this stage she said she would have given up if she had not had the support from Beeleaf.

She returned to work when her baby was 8 months, once her new working hours were finalised and she had stopped breast feeding. Though at first she felt guilty about leaving work before 5pm, she now has the ability to work at home if she has deadlines. 'I feel more contented now that I have a more rounded life and I don't feel I compromise my family or my career. I also feel my manager recognises the commitment I have made in coming back to work.'

*(\* the individual does not want to disclose her name so will be called Jackie for the purpose of this report)*