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Application for the Wingwave Coaching Award 2021: "Being in Touch"

The lonely lion in the cage who found the key inside himself
A successful online coaching guidance with the Wingwave® method



In May and June 2021, I was allowed to conduct online coaching sessions with an Italian entrepreneur based in Italy.

Initial situation: The client felt exhausted, very lonely, sleepless. He had gained a lot of weight: He weighed 130 Kgs at the time with a height of 173 cm. He felt distant from his wife and children because he seemed unapproachable. That was what he felt at least.

His goal: to feel well again (physically and mentally), not to be so lonely anymore and to lose weight. I find this coaching story so exemplary of this year's theme. It was done online only: The client and me never met in person (we live over 2000 km apart) and still managed to set up a very trusting and productive virtual space where all emotions were welcome and where there was a lot of laughter in between! After difficult Corona times and a lot of loneliness, we could feel connected and really be "in touch".

In addition, various techniques were used:

- Wingwave-music (at all sessions)
- Butterfly Tapping
- Imaginative Family Constellation
- Self-image Coaching
- SPEM
- Magic Talk
- Magic Words

After an initial short conversation to introduce the Wingwave®-method, 5 online sessions of 60 minutes each were conducted.

- 1. Session:** Identifying the biggest stressors. It quickly became obvious that the causes of his current situation lay mainly in unresolved conflicts with his family of origin. He felt left alone, rejected, criticized and misunderstood. His efforts to please and take care of the well-being of the family were not recognized. For several months there had been no contact. On the contrary, unpleasant situations arose again and again, because the parents live in the same family house, only one floor higher. Therefore, a complete avoidance was rather difficult. In addition, the client had left the family business a year before and started his own. After a year, he was able to record the first significant successes, while the family business seemed to be getting worse and worse. In this first session, the client worked mainly with WW music. The client was able to identify the negative emotions (sadness, loneliness and anger) and bring them on the scale from the minus range to values between + 7 / 8.

Result: The positive phrase: "I feel balanced" measured at + 7. This was then further embellished and strengthened with Magic Words (+9).

Homework: take at least 20 minutes for yourself every day, preferably while walking, listening to WW music. Write down all thoughts, ideas, feelings that came up in a notebook.

Goal: To bring recovery in everyday life and learn to create "me time" freely. Also, the phrase "I feel balanced" should come into the Magic Talk.
- 2. Session:** An imaginative family constellation was performed with the help of WW music, because the client's dissatisfaction and disappointment were mainly related to his family of origin. The client set up a scene of childhood when, as an 8-year-old, he was publicly criticized and exposed by his father, while the mother who was present was unable to protect the child. After setting up the situation and all the characters, the music (beach walk) was played and the emotional stress was brought up from the minus to the plus range. In the end, the client realized that although his parents had behaved inappropriately with him as a child, they themselves were victims of their time and culture (both parents are from southern Italy, a rather conservative and patriarchal culture where emotions have no room). The sentence "I feel humiliated" was brought up from - 10 to + 8. The positive sentence "I deserve respect" came in at 6 on the positive scale and was brought into Magic Talk as homework.
- 3. Session:** At the beginning of the work in this session, the client said he felt like a lonely lion in a cage. Who do you think has the key, I asked him back, to open the cage, which he grinned about. And it was from this image that I derived the title of this story. In the 3rd meeting, the family constellation was provided with resources. The magic wand with ringtones was used, which was welcomed very positively and with a smile. Butterfly tapping was performed on each family member first, then each person received an important resource from the fairy godmother. At the end of this resourceful work, the client felt strong and determined: "I go my way alone!". The positive sentence "I take care of myself" was from 2 to 7 (on the positive scale 1 - 7). Homework: record the two sentences "I go my way alone" and "I pay attention to myself" in the Magic Talk and combine them with his favorite music (Slim Walk).
- 4. Session:** After the family issue was re-energized, I suggested working on the self-image. Namely, the client felt heavy and fat (which was true, especially after many months in lockdown). As a former competitive swimmer, he was ashamed to go back into the water because he thought he was too fat. He thought he couldn't move anymore and was far too embarrassed by it all. We worked on his self-image with the help of a mirror, mainly on his chest and waist, which he was ashamed of. He put on the WW music for the rest of the time. He had started with feelings of frustration, angularity, and sadness. During the music breaks, we kept looking at his reflection to see if anything had changed in his perception. By the end of the session, the stress went from - 8 to + 8! The phrases "I can do it" came! "I will swim again"! which were promptly written down. As homework, he did a Magic Talk with the two

sentences. As a resource, he looked at another photo of himself when he was young, athletic and a successful swimmer. He perceived the positive feelings when looking at the picture and weaved them in: namely, he moved his hand very slowly in front of his eyes in the shape of an 8 and followed it with his gaze without moving his head (SPEM).

- 5. Session:** The first 4 sessions were held weekly. The last one was, due to time constraints, 3 weeks later. The client immediately said that he had consistently listened to WW music every day for these 3 weeks, had gone for walks twice a week, had found a swimming pool where he felt comfortable and would go every weekend. He had now gained clarity and wants to continue on his own to prove to himself that he can do it on his own, without coaching support. We only changed the word "I" ("IO", in Italian) with Magic Words to make it stronger and more beautiful. He painted the word during the session, as a reminder.

The overall results were indeed amazing:

- Swimming had been started again, 1 to 2 times a week.
- He had already lost 3 kilos.
- He had stopped working on Sundays (he had no longer allowed himself a weekend, which probably meant an escape with additional withdrawal). Now he would make a point of doing something with his wife every Sunday.
- His wife said that since the beginning of the coaching support he was completely different and the family climate had become good and pleasant.
- He had decided to look for a new house to be away from his parents.
- He would have a firm goal to buy a boat, according to the motto "I am important to me".
- He understood he had to take care of himself and his needs in order to feel good, instead of withdrawing. He was no longer lonely!

While I thought it was a shame that the coaching guidance ended so abruptly, I was very happy for the client. It was another confirmation that working on oneself, especially with the Wingwave® method, works wonders.

The lion had found the key to his cage within himself and could finally feel and move freely!