GLOBAL COACHING

CASE STUDIES



CASE STUDY 3







11/09/2015 **CLIENT GENDER : FEMALE OCCUPATION:** MANAGER

CASE NUMBER 3. Initial Date of Client First Consultation:

CLIENT AGE: 27 - DOB: 9 December 1988

Client Complaints. Past to Present:





Since a very early age the client was diagnosed with CF (cystic fibrosis).



• Breathing difficulty, especially when lying on back, causing lack of sleep

- Regular infections in chest
 - and lungs.
- Problems in the gut,
 - pancreas and digestive
 - system
- Fatigue
- Menstrual cycle
 - complications



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CLIENTS COMPLAINTS AND COMPLICATIONS

In addition

The client had high anxiety, depression and insomnia.





The client had frequent trips to the doctors and hospital since a very early age.

Her physician had told her after loosing her brother to CF at the age of 28 that her chances of living past 30 were extreamly slim.





MORE PHYSICAL, MENTAL & **EMOTIONAL EFFECTS**

Decrease in physical activity. Struggle to exercise and breathing difficulty when trying to sleep.

Fear of turning 30 and death.

3

Feeling defeated and isolated in mind. No strength left to fight. High anxiety and insecurity of not being good enough and being different and feeling broken.

Emotional withdrawral from friends and family. Fear of getting to close



Process and results after working with Case Study 3





TIMELINE OF PROGRESS Monthly with report Model GLOBAL COACHING

SEPTEMBER 2015

First initial 2HR session took place with giving initial understanding into CMR and listening to clients health issues.
Client was given tools to help change her mental and emotional wellbeing.
We worked on her cellular beliefs and change to her mental and emotional state were seen instantly.

OCTOBER 2015

By session 4 the client was showing significant signs of improvment, her breathing and sleep patterns improved and her stomach pains had subsided. Client stopped talking about CF.

NOVEMBER 2015

By mid november after only 10 sessions the client had been taking steps to reduce her medication with her docors approval. The client had also told me she had been hiking in wales, something that she was never able to everconsider. The clients symptoms had been massivley reduced and her life she felt she had back and was now able to look at a future she never thought she would have.

The Progress Sept 2015

My first session with the client was more of an information sharing, for the client to share her medical history and for me to share what it is I do. I took her through CMR and we came up against some victim behaviour and set belief systems that were quite deep rooted. By the end of the first session the client felt lighter already and said that she had not felt this good before after speaking to anyone. The second session was very relaxed and I took my client deeper into the program to start rasing her root causes and deep rooted beliefs. We went throug the link between her physical issues and her programming.

After our third session my client had stopped talking about CF and was experiencing a time of being pain free. Her insomnoia was gone and she was talking about maybe starting the gym. The client was more positive and feeling better emotionally.

Progress Oct 2015

October was a huge turning point for my client, she had shared that she had been hiking in wales and planned to do more, she explained that she was not out of breathe and with the breathing techniques I had given her she was able to help her lungs grow stronger. The client was sleeping well and not waking through the night, she had cut down of the medication she was taking with the support of her doctor. She was confident that she could live through the CF.



Result November 2015

I was extreamly confident when we got into November that I would not need to see my client any more, her physical wellbeing was incredible and her confidence, mental and emotional wellbeing was back in balance. My clients relationships with family and friends was at a high and she was able to function normally at work again. Her personal life was filled with more than what she ever thought would be possible.



Major Turn around and results.

With 20 hours of coaching (2 hrs a week) 10 weeks.

Instant results and constant progress.



CMR CASE STUDY 4





Prolonged life. 21/03/2014 CLIENT GENDER : MALE CLIENT AGE: 51



CASE STUDY 4 DETAILS.

- Initial Date of Client First Meeting:

Client Diagnosis.





Client/patient had a tumour on his brain the size of a tennis ball and was not conscious when I first sat with him.



Assesment:

- Was unconscious for 3 days before I met him.
- No signs of recovery.
- Expected imminent death.
- Nothing medically could be done.





Process and results after working with Case Study 4



TIMELINE OF PROGRESS

with report



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JUNE SESSION 1 & 2 2014

First inital session client was unconscious. I sat with the client and proceeded to introduce myself and talk about what it is I do. I spent 2 HRs with the client talking through CMR. At the end of the first session whilst he was seemingly unconscious I spoke to him asking him to open his eyes by the next day, and that I would be back to carry on the CMR with him.

The next day I had a call around 10am to say that the client had opened his eyes and seemed to be conscious. When I arrived, he was lying there with his eyes wide open. Again I sat with him for 2 HRs and carried on taking him through the CMR program. The next stage was communication, I asked him to nod or shake his head at my questions. He was making fast progress. The aim at this early stage was not to cure him, it was to prolong his life, this is we will get to in session 4 & 5.



Session 2 & 3 (4 Hours total)

By the end of session 2 I asked if he would like to try to write to communicate. He nodded and so I took him trough a process that would change his cellular information to be able to allow that.

DAY 3

I arrived with a pen and pad and immediately placed the pen in his hand and told him to write his favourite interest. He wrote "Birds of Paradise".



Results Day 4 & 5

Day 4 I had a converstaion with the people that were caring for him, they explained that he had been sitting up smiling, laughing and writing his needs on the pad I had given him. He was able to communicate his needs. He knew he could not survive his tumour but knew he could prolong his life and direct his body to get well enough to be able to spend his last days with his friends and family.

The cancer nurse was suprised that he was alive, able to communicate, sitting up and drinnking from a beaker.



Results Day 6 & 7

When I arrived on day 6 I caught the client trying to get himself out of bed. His energy levels were up and he was whispering and speaking softly. He was able to spend quality time with an ex girlfriend who would stay and lay with him, it was comfort for them both to have this extra time together. Day 7 his friends all travelled down to visit him. They voiced how amazed they were to have this time to together to laugh, have fun and to say their goodbyes, as the last time they saw him (3 days before I had met him) he was unconscious and they were told by doctors he would not come back ,would die within days and to say their goodbyes then and there. My client took to our sessions and was able to turn around his physical health for this time, mentally and emotionally he didn't give up.



Results Day 8, 9 & 10

Day 8 and 9 I spent time with the client talking about his body and what was happening, how he can be calm and relaxed, relieving any pain he may experience as the days went on. Day 9 he had started to deteriorate, but his body and his being was relaxed and he was not in any pain. He had the comfort of his ex partner with him. Day 10 I came to see him and I knew this was the last time I would see him. He thanked me for giving him extra time, just by my program, by explaining and sharing this knowledge he was grateful that he got to say goodbye to all his loved ones. That night I had the call to let me know he had passed.



Major Turn around and results.

With 20 hours of coaching 2 hrs a day (10 days)

The clients life was prolonged, he was able to spend his last days conscious and with his friends and family.







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