



## PAUL'S JOURNEY



**“I started working with Delphinus thinking to myself that this would be a 6 - 8 week interaction and that would be the end of it. I now see the work I do with Delphinus as part of my overall support network.”**

Read about his incredible journey...

After experiencing training through Delphinus tmc in a work environment, Paul had realised there was an opportunity here to investigate issues that were on his mind.

"As interesting as the training was, there was also that feeling of being comfortable with the trainer, Vicky , and when the opportunity arose I had a conversation around some issues I was experiencing and if there may be anything that Vicky could offer to assist me.

I had no idea where the conversations and sessions were going to take me, I had no defined outcome or goal. I just knew that I didn't feel right in myself. I knew that I was in a situation where descending to angry responses at home, for small and insignificant things, was a frequent occurrence and this was with people that I loved. I knew I didn't want that. If I am honest I had anticipated a 6 or 8 week group of sessions where at the end I would be able to `make` the kids behave themselves and I would not need to get angry. I was completely blind to the actual cause being me and my way of processing things. I didn't know what I didn't know and looking back on it now I completely stumbled into the first steps of this fantastic journey and I can't explain how pleased I am to have started this.

I guess sometimes a great starting point is knowing where you don't want to be, at that point then directions you take are open and fluid. That's how I feel the last 3 years working with Vicky have been. A constant variation of interactions that I am sure cover Training, Mentoring and Coaching. The right tool at the right time for the right discussion and best outcome. In the 3 years working with Vicky, not only has the help that has been given proved to be life changing, I have also learnt so much that I take it into my home life, work life and indeed every day dealings and interactions."



# PAUL'S JOURNEY



## What worked for Paul?

We asked Paul what he had learned during his sessions and while testing out different methods of dealing with the unchangeable issues, and he told us:

"Delphinus tmc has touched so many different areas of my life that it's difficult to break it down to a single thing that has made the most impact. In fact, I guess I didn't understand what it was I wanted to achieve when I started on this journey. It was a bit like unravelling a ball of string, some knots took a while to unravel whilst others were done quickly and easily. As each knot became unravelled, not only had I now got a way of dealing with things myself but it also made the next knot easier to work with ...it was just me evolving as a person."

"The coaching sessions were not about Vicky giving me all the answers. She helped me to work out what the actual issues were and gave me a tool kit to discover for myself the best way for me to make the changes. I realised that it was OK to verbalise issues – not internalise them and I could change them if I wanted. The decision on the way to progress was mine, I now had options on how to progress and where I identified a requirement for help or support I was then able to take this back into the next session with Vicky."

"The biggest thing for me was that I felt comfortable to openly discuss issues and that then helped to get them dealt with – not dwelt on. What I have learnt really sticks with me in the every day. I now ask myself is that OK? I do not react in the same ways. This has led to a calmer more engaged approach for me."

## What changes have you made?

"The changes made are small incremental steps over a period of time but these small steps soon make a rather large and significant journey. On the journey I see myself on, I am now taking my own Coaching qualifications to be able to work with people in a different way and one that I have found people respond to fantastically.

By far the most significant changes have been within my home life and I am far closer to being the father, the husband, the son that I would like to be than I had ever imagined. I want to say that I feel more authentic, realistic and far more comfortable in being myself and not what I think others may want me to be or do. I must confess that it is an amazing place to be in right now....."

## Looking ahead to the future, how has the sessions with Vicky impacted your choices?

"Vicky has helped open my eyes to endless possibilities. I often wonder if my mindset has changed from Fixed... to Growth... This has led to a thirst for knowledge and learning that I never knew I had and to be honest I love it!! Where will this time take me? Hopefully into an even closer relationship with my children as they grow and change and into my work life where I feel I offer more to the company I work in and therefore look to additional responsibilities and the rewards that this can offer."

*"The biggest thing for me was that I felt comfortable to openly discuss issues that then helped to get them dealt with – not dwelt on."*

*"You know when you are making a difference when family & friends comment that you are no longer waiting to explode - that's progress!"*

*"Anyone looking to take a similar steps to myself I would advise that you give it a go. The right motivation coupled with the right coach and as cheesy as it sounds the world is your oyster."*

*"I want to say that I feel more authentic , realistic and far far more comfortable being myself and not want I think others may want me to be or do."*