



Rooted. Whole. Becoming

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2026 WhloeSuccess Client Case Stories

Thinking about starting your coaching journey but you're not sure how a coaching program can help? The following are four LeadWhole client case stories to help inspire and motivate your own coaching journey.

Meet Your Coach

Hi! I'm Carol Hill, Founder and Senior Coach and Healthcare Advocate here at LeadWhole Coaching & Healthcare Advocacy. I am a Certified Professional Coach that specializes in lifestyle & leadership development coaching, with a special focus in workplace trauma recovery.

Our Coaching Solutions

- Lifestyle Coaching
- Leadership Development Coaching
- Career Coaching
- Group Coaching
- Mind Mapping & Environmental Organization

To maintain the privacy and confidentiality of our clients, some names or service locations have been changed. However, all stories have been provided with permission by our clients



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Lifestyle Coaching

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Client Case Story

Meet Desiree, she is a 24 year old student who's been working on her associates in business for the past year and a half.

The Challenge

Recently Desiree has been experiencing periods of anxiety and a bit of brain fog. She's been feeling anxious and questioning if the program she's in is what she really wants to do. She worries that changing programs will upset her parents whom she's had a strained relationship with over the years. She feels stuck and has been unable to effectively communicate her feelings to her parents who support her education financially.

The Solution

- 4-Month 1:1 Coaching Program (In Person)



Focus Areas

- Confidence Building
- Developing Healthy Habits
- Developing Healthy Boundaries

Tools Utilized

- Bi-weekly 1:1 coaching sessions with email support
- Being & Becoming Workbook (Core coaching guide)
- Various coaching tools, and assessments

Conclusion

Through a structured coaching program, we created an environment that provided Desiree the space she needed to develop better communication skills so she felt better able face conflict head on. In the process, we also worked on establishing healthy and respectable life boundaries not only in dealing with her parents but that could be used in future interpersonal relationships as well.

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Leadership Development
Coaching

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Client Case Story

Meet Derek, he is a 35 year old newly promoted manager at his company in Austin Texas. He's recently relocated from New York and is eager to lead his new team.

The Challenge

Although he had a year in his current role as a manager, Derek has bigger ambitions and aspirations for his career and would like to better understand his own needs while helping to develop and support a new team of employees he's unfamiliar with. Derek feels confident he can lead his team effectively, however, he desires a fresh perspective and feels he could benefit from additional guidance and tools to augment his current leadership practice.

The Solution

- 4-Month 1:1 Coaching Program (Virtual)
- Micro eCourse: But First We Coach
- Clarity First Post Program 1:1 Coaching Support



Focus Areas

- Developing Effective Communication Skills
- Fine Tuning EI (Emotional Intelligence) Skills
- Developing Leader as Coach Skills
- Developing Strategic Thinking Skills

Tools Utilized

- Bi-weekly 1:1 virtual coaching sessions with phone and email support
- Reset Workbook (Core coaching guide)
- StrenthFinder 2.0 by Gallup (Book & Assessment)
- eCourses : But First We Coach

Conclusion

Derek's initial coaching program helped him to better self assess and provided him with a bit of self awareness that he was not fully in tuned to. Derek identified both his strengths as a leader as well as was able to identify areas that needed some improvement (I.e, feedback delivery). Derek continues to work with me utilizing my Clarity First post program support, and will soon enroll in our soon to be launched Empowerment Academy eCourse.

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Realign Career Coaching

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WhloeSuccess Client Case Story

Meet Veronica, she's a 45 year old woman who has been working in communications for 15 years and is contemplating a complete career change.

The Challenge

Veronica has been in the same industry for the past 15 years, she originally wanted to become a grant writer but was convinced by her partner that she'd make more money in communications. Although she's had success in the field, she does not feel professionally satisfied. She feels her background could help her achieve her original goal, however, with no formal education in grant writing she doesn't know where to begin. She desires assistance with navigating such a dramatic career transition.

The Solution

- Realign 12-Week 1:1 Coaching Program (In Person & Virtual)
- Books & Brews Quarterly Book Club Member (Virtual)



Focus Areas

- Mid-career Career Change
- Confidence Building & Outlook Realignment
- Resume Review & Refreshment

Tools Utilized

- Weekly 1:1 Coaching Sessions (in person & virtual)
- StrengthFinder 2.0 (Book & Assessment)
- DISC online assessment
- Resume Review & Refreshment
- Mock Virtual Interview Practice Sessions

Conclusion

Our weekly 1:1 coaching sessions help keep Veronica's enthusiastic about the change. The exercises used helped provided the momentum she needed while planning to change an established career path. Through strength assessments and transferable skills identification, Veronica has been able to secure a part-time entry level position in grant writing with plans to pursue future educational opportunities to augment her current skills and knowledge base, and to better align with her new career path.

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Realign Career Coaching
Workplace Trauma Recovery

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Client Case Story

Meet Ariana, a 36 year old administrative assistant for a private company in Rochester, NY. She's been with the company for almost 6 months and is questioning if she should resign as the environment has become unprofessional & stressful.

The Challenge

Ariana is the only person employed with the company who is not family. She's often left out of important meetings vital to her job and then blamed when things go wrong. She's voiced her frustrations to her boss (the owner), however, all she does is scream at her and reminds her that "in the current economy, she is lucky she has a job". Ariana feels professionally disrespected and stuck.

The Solution

- 6-Month Lifecycle 1:1 Coaching Program (Virtual)
- Nourish to Flourish eCourse
- Books & Brews Quarterly Book Club Membership (Virtual)
- External Referral:Therapy



Focus Areas

- Nervous System Decompression & Regulation
- Confidence Building & Positive Self Speak
- Developing Healthy Relationship Boundaries
- Career Transition/Exit Strategy Management

Tools Utilized

- Bi-weekly 1:1 coaching sessions with email support
- Becoming Workbook & Rooted in Resilience Guided Journal (Core coaching guides)
- Various coaching guides, tools, and exercises
- External Specialist Referral : Therapy

Conclusion

Through a formal outside therapy program Ariana is beginning to recognize patterns of behavior that keep her in abusive situations. In our coaching sessions Ariana is finding her voice, and is learning how to establish healthy and respectable boundaries. She will be pursuing her passion of teaching and will start in a formal program in the Spring of 2027. Ariana is no longer with the same company.

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