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Case Study

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CASE STUDY //

# Defeating internal enemies

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## Doug Schmidt, CIO, CTO, Entrepreneur, and Advisor at Dentsu Aegis Network shares his experience of coaching with Complete Coherence

"I'd had a coach before, but was looking to work with a new coach to maintain my focus on high performance. I was very aware of my energy levels and emotional state and I'd started to realise how brutally exhausted and tired I'd become. I was having a hard-time.

"Complete Coherence's coaching method was different from anything I'd known before because it is very data oriented. It is backed up by science using a 24-hour Heart Rate Variability (HRV) assessment. As a result of that, I found that I succumbed to the objectivity of the data. Having that reality check of the data was really important. I could not hide from what the numbers were telling me about my energy levels.

"Once I had been made aware of my truth of my physiology, I could work with my coach to address things. I had an awesome Complete Coherence coach, who completely understood where I was coming from and helped me to drastically increase my energy levels and improve my performance.

"The coaching process involved setting key milestones and I clearly remember that first milestone; with help from my coach I found a way to stop leaking energy. Once I had stopped bleeding so much energy, I could use it for myself. That was a huge breakthrough and I remember marking that as a KPI for myself. With more energy, I became increasingly aware of the leaks and could then dedicate the energy that I needed to focus on my performance.

"The combination of the objective data and the effective coaching conversations allowed me to defeat my greatest internal enemies. I am now an ambassador for coaching and have started a movement in my organisation to spread the word. I believe that everyone should have a coach, it's a gift and a phenomenal experience."

**"Coaching helped me defeating my greatest internal enemies"**



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