

Coach DQ Case Study: Lance Vance

What was happening in your life when you called Coach DQ?

I was working as a regional developer with a company called Fitness Together, of which I am a partial owner. I was considering a career change, and was referred to Coach DQ by someone I look up to. My friend had recently made a big career transition, and said, "I didn't make my choices alone. I had the help of a coach."

At that point, I didn't even know what a coach did, but coaching had worked for my friend, so I decided to give it a try.

I loved my job, but the company had lost sight of its mission statement, and I felt that its values no longer aligned with my own. The problem was, I wasn't sure what my own values *were*, let alone how to use them to construct a plan for shaping a new career. Using her mapping techniques and other tools, Coach DQ helped me find my core values, articulate my vision, develop a game plan, and much more. Everything suddenly became much clearer.

What was most helpful about the process?

To me, the best part of the process was the accountability. It was a soft accountability, though. Coach DQ wasn't an enforcer; rather, she was pleasantly persistent. She knew what I needed to do to get where I wanted to go, but also respected the fact that my schedule can be very hectic at times. Instead of pushing me, and trying to establish concrete goals and deadlines for my progress, she just put ideas out there and let me run with them. In this way, she was able to keep me on track and moving forward at what felt like a natural, rather than a regimented, pace.

What have you accomplished since working with Coach DQ? What was the "end result" of your coaching experience?

Well, the "results" are still in the works. But I've been able to establish a clear vision for my future, and I feel good about the direction in which I'm moving. Currently, I'm in the negotiating process with Fitness Together, and the attorneys are working feverishly to bring things to a close. I also have two exciting new opportunities in the fire, one in law enforcement and one with the U.S. Military. Although the loose ends have yet to be wrapped up, I know my results are right there, waiting for me.

I feel that Coach DQ's methods and assistance allowed me to create positive shifts in my professional life in a much more organized, systematic, and effective way than I would have been able to implement on my own.

Fast forward one year, Lance became a Deputy Sheriff in the state of Colorado and he loves!