

AT THE ADVICE OF PEERS

by Stacy Feiner, PsyD
CASE STUDY



Maureen called at the urging of her YPO peers. Breathless, she explained, "I've been searching for a coach with your background as I am being crushed by some real challenges."

"Specifically," she continued, "I am in an almost impossible stand-off with my brother, who runs the company with me. This has angered my father, who still owns the company. At the same time, my brother has been randomly commenting on my personal matters, using them to stir up trouble and further complicate an already tense situation.

"Can you help me get through this?" she asked. "Yes," I replied.

We met for a full-day off-site, where we accomplished several initial goals. We...

- stabilized her thinking and brought her back to the center of her ecosystem
- prioritized the issues at hand
- outlined a plan to address the most urgent matters first
- and identified and plotted the longstanding family conflicts on the Ecosystem diagram and began to untangle them with a psychological lens

By the end of our day together, Maureen had regained her sense of clarity and control. She left the off-site with a renewed perspective, a clear plan of action, and a sense of empowerment. The complex web of challenges that had seemed insurmountable now appeared more manageable, and she could see a way forward.

In times of overwhelming conflict, when it feels like everything is at stake, the guidance of a fresh perspective can make all the difference. Maureen's journey wasn't just about solving problems—it was about finding her balance, restoring her confidence, and embracing the possibility of resolution, both personally and professionally.