

# CASE STUDY



## OVERVIEW

Sherry came to me because she had lost her passion for her work and her taste for life. She was feeling alone and overworked and that something was missing, she just couldn't figure out what. She "had it all" but still felt empty. She was determined to find out what was going on and committed to her happiness.

In just 6 months of 1-on-1 coaching, Sherry has truly turned around her life. She is in a great loving relationship. She found her passion, found her voice, and is speaking out clearly about what she wants in her work. She learned how to lead from a feminine assertive way rather than masculine energy and as a result, she got noticed at work, was awarded the most valuable player, and was even able to ask for the raise she felt she deserved. Most importantly, she found the guy of her dreams and is in a loving relationship - and working towards creating her family unit.

*The name has been changed to protect her privacy and honor her vulnerability, so she feels safe and comfortable in authentically sharing her experience.*

## THE SITUATION

I started identifying issues around April of last year, and I knew it had a lot to do with the new reality we were living in terms of COVID and isolation. As the days went by, I continued to realize that there was something else going on that wasn't work-related. Something was missing in my life, and I didn't understand what that was. I have everything. I have a job, my health, my family, and a boyfriend. I have a house and financial stability - but something was missing, and I could not identify what. It felt like I was empty. I was on autopilot, doing what I needed to do, but not because I was excited about the day or enthusiastic about what was on the calendar.

As we went into the holidays, I found myself crying for no reason; everything would make me very upset. I was on edge all the time, and everything would cause me to

## Sherry M. Proposal Manager Engineering Industry

*"I thought something was wrong with me. I was working crazy hours and was showing frustration at work that others were beginning to notice. Coaching with Chen has helped me find a new level of confidence at work and in my personal life. I am better able to manage my emotions and am more patient with myself. Best of all, I really like who I am and what I see. I even started communicating with a guy, which I never imagined I would do, and the past two months have been the happiest I've ever had."*



Courage is achieved through small deeds over time.

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to explode. I felt like something was wrong with me. I knew I needed to do something. So, I started listening to podcasts and following people on Instagram and even reached out to a friend who was a coach. I remember saying, "Hey, I'm going through the situation. What do I do? Where do I go?" And she said, "Well, you will know what to do."

Once I experienced the power of Somatic Intelligence and the presence of Chen, I knew that she would help me find my way out.

## WHAT SHE DESIRED

Sherry wanted to bring balance back into her life. She didn't have enough of a personal life and was spending all of her time working. She felt lonely and wanted to establish a great love relationship - something to care for other than herself. Sherry wanted to form her own family and rediscover her passion at work, which felt impossible under current circumstances. She wanted to stop being afraid to speak up and to find her authentic voice. Most importantly, she wanted to find her meaning again - to discover her why and regain her taste for life.


## EXPECTATIONS BEFORE WORKING WITH CHEN

Coaching was new to me, so I didn't know what to expect. I just wanted to get answers to what was happening and why I was feeling this way. On our Discovery Call, Chen conducted a general assessment of the issues. After 30 minutes of deeper exploration with me, she said to me, "I know where the issue is. I know how to get there. I can help you get there." She said it with such confidence that I felt that I could get to where I needed with her help and that she wasn't just trying to sell me a product. During our first sessions together, she developed a plan to work through those issues. I knew there were finally going to be some answers that I was looking for.

## CHEN'S APPROACH

During our Discovery Call, I was able to find the root cause of all of this. At a young age, she suffered a big blow and was rejected by her aunt and cousin, whom she adored. The actions of her aunt signaled to her that success was more important than love. She never realized what an impact this trauma had on her and how she somatically learned this. So she kept pursuing this path unconsciously. In the Somatic Intelligence Assessment, I fully tapped into her somatic imprint and all that she experienced and understood how the whole family system affected her. She experienced a lot of emotional abandonment, rejection, and lack of support. She learned from this that she was alone, and it impacted her ability to trust, love, and lean on others, leading to a lot of loneliness. She learned that what she felt didn't matter. She lost her voice because she could feel what was off and wrong for her but was not able to live her truth. So she gave up and was pleasing others. As a result, she lost her core and path.

## Contact us

 Power of Somatic Intelligence

 [www.powerofsomaticintelligence.com](http://www.powerofsomaticintelligence.com)

 Chen Lizra

## About working with Chen

I would highly recommend Chen for several reasons. First, for how responsive and approachable she is. Chen is authentic - the person I saw on social media is the same person I heard on podcasts is the same person I met on our Discovery Call is the same person who shows up for each coaching session. Second is her commitment to my success. She always met me where I was, made me feel that she was 100% there for me and nothing was happening around her. She's very knowledgeable about the tools, practices, and strategies I needed to deal with a given situation and continue my progress. Chen listened very carefully to what I had to say and how I was feeling. What gave me the trust in her was that she could identify the issues I was dealing with, and she was confident she could help me.

Every  
Challenge is a  
Gift, Without  
Challenges,  
We will Not  
Grow.



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## THE PROCESS

As soon as we touched on her trauma, being met, felt, and received was a huge deal for her and a huge part of her healing. Since she was abandoned emotionally, this caused a deep correction to her nervous system. I used the process of witnessing to heal her nervous system through a felt experience. This shifted her self-worth and confidence so that she could feel and embody what she deserved. She felt she could be fully received where in the past she was rejected, and her body started to feel what was possible.

At the same time, I was working on her embodiment and straightening her presence, confidence, and femininity. It was about helping her tap into her innate power and regain her voice. I gave her challenges to speak up at work where she was afraid and gave her practical somatic practices to anchor her power and lead from a softer, more assertive place. I also challenged her to start dating and was guiding her on how to allow a guy in that she truly deserved - how to pick the right guy, how to show up in the relationship, and how to build a solid foundation of love, presence, friendship, and great communication. With the right guidance, she fell in love hard with the guy of her dreams.

## THE PROGRESS

At first, there were many tears and moments of pain as memories came forward to be healed. But I never wanted to quit; I was curious and wanted to know more. With each session, I learned how to handle my emotions and felt like I was permitted to take care of myself - like spending the day in bed to process what came up. As the days went by, I started seeing real changes in how I saw myself and how I was showing up. I remember one morning I had an early video conference (like 4 am early), and I put on makeup and red lipstick, and I took a look at myself on screen and liked what I saw. That was a big moment for me. I understood that I was slowly solving those emotional issues with the tools Chen was giving me and the coaching she was providing. I finally understood why things happen and why my body was affected.

## THE TRANSFORMATION

One of the most impactful exercises we did during one of the coaching sessions was to describe my True North. To me, that was life-changing because we spent a lot of time nailing

down exactly what that looked like and how I wanted to feel. I started looking at that True North from the perspective of, "Does it align with my True North - yes or no?" If it didn't, then I would just let it go. Following my True North was a commitment to my happiness. I began asking myself why I have to tolerate these things, and I started having much more self-confidence in what I had to offer.

I started seeing many comments from people I didn't know, like consultants I was working with. They would say that I know what I'm talking about and that I should be proud of myself because I bring something different to my team and am doing a tremendous job. Within 3 months, I was awarded the most valuable player by the top executive in the company. I also gained the confidence to ask for a level of compensation based on what I deserved.

Chen encouraged me to join a few online dating apps, and, at first, it was a disaster. Chen pointed out that I wasn't staying aligned to my True North. Before, I tried to find people who would bring me something instead of realizing that I don't need anything else; I have so much to share. So I started communicating with this guy, and I can honestly say it has been two of the happiest months I've ever had. I didn't think I would find somebody or have the energy to date without Chen's coaching and support to even go back into the dating pool.

## Final thoughts from Chen

I am so proud of her and the journey she took. It's not easy to truly meet yourself in such a way. Only the brave ones who truly are dedicated to their happiness show up. She was afraid to commit. She was afraid it wouldn't work for her. But she saw and felt enough, and she took a leap of faith. It paid off. No matter what I gave her to do, she did it and worked hard each week. She was so ready for this change that I just had to show her the door, and she walked through it. It took a lot of dedication, which is why she saw such powerful results within 6 months. There was nothing too hard for her. There was nothing she wasn't willing to do, no discomfort she wasn't willing to feel. She jumped and took it all in and kept coming back each week, asking questions and seeking guidance. She is a dream client to work with. Seeing her get exactly what she defined she wanted in the SI Assessment has been such a joy.

## Does Sherry's Story resonate with you?

Are you ready to come back home to yourself in the most profound way and have phenomenal impact? **Click below** to learn more about the Somatic Intelligence assessment and coaching process. Learn how you can work privately with Chen.

[I'm ready for more!](#)

## IN SHERRY'S WORDS

I am comfortable with myself and love who I am and how I see myself. I can allow space for my emotions without judgment or frustration. But most of all, I met a guy who is just everything. Our relationship is everything I've always dreamed of. Chen said to me, "Sherry you are home to yourself," and that's exactly right.

Because I am available to myself and my dreams, because I know I am complete, I was able to invite somebody into my life without feeling I needed anything from them. This is what it feels like when you land in your body and know there is nothing to change. There's such open communication and honesty. I don't think I would have been able to get to this point without all of the work I've been doing with Chen.