

# How a Successful Yet Disenchanted Tech Leader Leveled-Up Her Mindset, Cultivating Fulfillment With Executive Coaching by Diana Patel

## Introduction

Jamie Rosa is a successful corporate leader at a technology company. The opportunity to work with Diana Patel came when she began feeling burnt out and overwhelmed by the high expectations of her boss and the tech world. After being coached by Patel, Rosa found her voice and learned practical tools on how to leverage her strengths during stressful situations.

## The Story of Jamie Rosa

Rosa is passionate about developing programs and tools that enable customers to be successful. She has been working in the tech industry for almost two decades and focuses on supporting and developing customer facing programs, training, certification, and partner enablement programs.

## The Opportunity Found Within Discomfort

After working at her company for 6 months, Rosa found herself feeling overwhelmed by having to continuously operate at the highest capacity to meet the expectations of her boss. She also had become disenchanted and burnt out with her work in the tech world. Rosa needed a mental reset and was in search of an opportunity to deeply explore her passions and strengths.

## Why Jamie Rosa Chose Executive Coaching With Diana Patel

Rosa found Patel through a platform her company offered for coaching. She was in search of a female coach with a fresh perspective, and when she came across Patel's Executive Coaching page and read about her mission of cultivating fulfillment within high-level leaders, she knew she needed to reach out to her and learn more.

## How Diana Patel Responded

Patel takes a strengths-based positive psychology and holistic approach to executive coaching. Patel started working with Rosa using appreciative inquiry to bolster her growth mindset in her work and personal life. Appreciative inquiry is a strengths-based positive approach to leadership development. Patel says, "instead of the traditional problem-solving methodology, appreciative inquiry can help people innovate where there isn't even a problem. Instead of a problem that needs to be solved, work and life become a mystery with infinite possibilities to innovate."

Two tactical tools Patel used in her coaching with Rosa were the *Individualized SWOT Analysis* and what Patel calls a *Mindfulness Snack*.

- Individualized SWOT Analysis: Patel had Rosa create a grid where she wrote her internal strengths and weaknesses and external opportunities and threats. After these four lists were created, Patel asked Rosa to analyze each combination. Her analysis consisted of questions such as, “how do I leverage this strength to take advantage of this opportunity?” and “how can I mitigate a weakness to take advantage of an opportunity or mitigate a threat?”
- Mindfulness Snack: Using her creativity, Patel took Rosa through a particular series of appreciative inquiry questions (i.e. “what’s going well?”, “ what could go even better?”, and other similar questions) while they built a slide deck of aspirations. Patel uses this holistic practice with her clients for a particular intention, whether it’s for projects, goals or conflict resolution. It primes her clients for gratitude and success in their work and personal lives.



“I appreciated that she didn’t just send me off to complete the activities on my own, which might not have happened with a busy work and family life. She carved out time during our sessions to guide me through them, encouraged me to dig deeper, and left me with simple tasks that didn’t feel overwhelming to complete on my own.”

- Jamie Rosa

## The Results: Self-Actualization and Career Transition Alignment

The frameworks and practical tools Patel incorporated into her coaching with Rosa liberated her mind and perspective from being stuck in the limited expectations of herself and others. Rosa became more emotionally and mentally confident in herself and her passions and this led her to a career advancement that she may not have explored if it weren’t for Patel’s executive

coaching. Not only did she learn the tools and values for how to gain and maintain a growth mindset, she developed more authenticity within herself and her purpose.

“Diana is a fantastic coach who helped me through a trying time in my career...She provided many practical tools and activities to help me work through challenges, find my voice, and begin to find my true passion.”

- Jamie Rosa

## Call-to-Action

Do you feel like you've met all the standard definitions of success but also feel like there's something more?

Wondering how you can truly enjoy and appreciate where you've already arrived?

Are you a successful executive who has reached a moment in your career where you're thinking about what's next for you?

Set up a discovery call with Diana Patel: **(630) 344-9722** or **info@dianapatel.com**

**“Diana gave me perspective in a way that nothing else had.” - Jamie Rosa**



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