THE SECRET MAJORITY

Case Study Series

SAM

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Holding the human experience of divorce so family lawyers can lead the process

Sam

“You have been a massive help & a great source of support."

Sam’s Background

Sam had been a firearms police officer for 20 years, he had been married for around fifteen years with two young children. When Sam came to me for 1:1 weekly coaching sessions his marriage had recently broken down, and he had never faced a challenge of this magnitude before. He had limited contact with one child and none with his eldest. Sam struggled to understand his own emotions, and next steps. He felt isolated and was unsure where to turn for support.

Sam’s challenges included

Self-Awareness: Sam felt disconnected from his emotions and unsure how to process or articulate his thoughts in relation to his new and uncertain father role. This created a sense of isolation for him.

Emotional Overload: The enormity of his situation left Sam feeling overwhelmed and without an outlet to explore and share his feelings.

Desire for Honest Reflection: Sam wanted someone who could provide candid, unbiased feedback, genuine support and help him move forward without judgment.

Our Journey

Sam was initially seeking practical advice, but the space we created soon became one to explore his complex and overwhelming emotions:

“When we started our sessions it was around what to expect, some practical advice really. I’d never been in this position before. I didn’t know what to do, what

to expect or timescales. I didn't know anybody who had experienced this. I didn't know anybody who could necessarily give me the advice either. This work has been massively helpful for sure, so much so. The practical stuff is one part, but it became more of a release, somewhere to… for support, someone to talk to, someone who was understanding, but also you weren't afraid to tell me if I was in the 'wrong'".

Impact

"Since we started working together, I have grown as a person and become far more self-aware, learning to deal with my emotions and accepting that it's ok to be vulnerable and it's ok that it's not all black and white…there's always a bit of grey! You have been a massive help and a great source of support."

Advice to Others

I asked Sam what he would say to other dads who were seeking support and had found me:

"I'd say try it, speak to you for a few moments because it became apparent quite quickly how open you are. You talk from experience, which is so helpful because you mentor; you have credibility; it's so important. In our work, I have had some really low points; it's difficult to describe, really, but you've really helped me. You're not cool, you're not over the top, you're not fake; it's difficult to describe. It's a support that isn't flat; it is genuine. It has helped me so much."

Conclusion

It has been a privilege to walk beside Sam on his journey. He has become much more self-aware and willing to engage in uncomfortable feelings. This has helped his overall sense of well-being but has also enabled him to feel able to seek help from others. Although we worked together to create strategies to develop his relationship with his sons, he carried out the actions himself, and continues now even though our formal work together has ended. This highlights the long-term and meaningful impact the right support can achieve.

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