Case Study: Transforming Time Management & Communication in 40 Days

Overview

- **Mentee Profile:** Aswanth, 27-year-old Electrical graduate from Kerala (B.Tech, 2020), with under 3 months of work experience and basic English proficiency.
- Objective: To enhance time management, personal development, and communication skills.
- Duration: March 21st May 10th, 2025 (40 days, 6 hours/week)
- Methodology: One-on-one coaching with structured assignments, reflection activities, and digital tools.

\$\$ 1. Initial Challenges

Before joining the program, Aswanth faced:

- Poor time management and difficulty prioritizing tasks
- Lack of goal clarity and execution discipline
- No journaling or habit tracking system
- Low self-confidence and underdeveloped communication skills

3. Coaching Approach & Key Interventions

Day 1: Time Awareness & Prioritization

- Time audit using Eisenhower Matrix
- Introduced Time Blocking & Google Calendar planning

Day 2: Journaling & Habit Formation

- Daily journaling and reflection practice
- Habit stacking, mindfulness, and morning routines
- Encouraged yoga, meditation, and creative hobbies

Day 3: Goal Setting & Execution

- Designed SMART personal and professional goals
- Implemented weekly reviews and accountability checks
- Reduced distractions using digital detox practices

Tools Used:

• Google Sheets (for task tracking, habit building, journaling)

✓ 3. Results at a Glance

Area	Before	After 3 Days
Time Tracking	No system	Google Sheets tracking
Goal Setting	Vague goals	SMART goals with deadlines
Productivity	Frequent distractions	Uses Pomodoro & time blocking
Self-Reflection	None	Daily journal maintained
Hobby Development	None	Gym & cycling initiated

Other Results:

- 40% reduction in time wastage
- Clearer communication
- Increased ownership of daily routines

4. Mentee Feedback

"This program helped me organize my day, eliminate distractions, and finally take action on my goals." – Aswanth

The Communication & Confidence Development – Daily Progress

21st March 2025 - Self-Introduction & Body Language

- Activities: Video recording, posture correction, goal sharing
- Observations: Hesitant posture, filler words, low clarity
- Outcome: Gained awareness of body language and public presence
 Video Link

22nd March 2025 - Time Audit

- Realization: High unproductive time in cooking/social media
- Assigned: Journal keeping, improved daily routine
 - Time Audit Video
 - First Self-Intro Video

23rd March 2025 - Time & Goal Management

- Applied Eisenhower Matrix to identify high-priority tasks
- Defined personal and professional SMART goals

3rd April 2025 - Self-Discipline & Accountability

- Covered the difference between motivation and discipline
- Set digital reminders and built a habit tracker

6th April 2025 - Online Learning & LinkedIn Engagement

Encouraged independent YouTube learning

Shared a LinkedIn post on personal hobbies

20th - 25th April 2025 - Grammar Focus

- Sentence construction and vocabulary building
- Email writing skills, clarity in speech and grammar
 Session Video

Additional Insights

- Handwriting and thought structure revealed cognitive patterns similar to early teens
- Observations from family and friends were used for a SWOT analysis

Final Reflections (10th-11th May 2025)

Mentor's Perspective:

- Strengths: Friendly, enthusiastic, open to learning
- Areas of Concern: Immature thinking, poor decision-making, low cognitive engagement for age
- Opportunities: Structured career guidance, continuous language training
- Threats: Social distractions, lack of professional clarity

Mentee's Perspective:

- Desires to read newspapers and classics like Macbeth
- Realizes the need to upskill and build consistent routines

SWOT by Mentee:

Strengths Weaknesses

Outgoing, confident, friendly Lack of clarity, poor attention span, procrastination

Opportunities

Threats

Learn coding, communication training Social media, distractions



Final Notes & Recommendation

Despite being 27, Aswanth displays emotional and cognitive maturity comparable to a young teenager. He is ambitious, but struggles with focus, execution, and decision-making. A professional psychological evaluation is highly recommended to identify underlying causes and support his continued development through therapy, structured coaching, or neurodivergent-friendly programs.

About PassionateTalks Coaching

At PassionateTalks, we believe everyone has a story. Through personalized coaching, we empower individuals to transform their communication, productivity, and confidence. Aswanth's 40-day journey is a testament to what's possible with the right guidance.

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