



LIFE COACHING

Life coaching is getting more and more popular nowadays. There are so many people who want to consult life coaches about their lives. Most of the people do this for several different reasons like trying to lose weight, doing sports, studying for an exam or family/friendship issues. When they first go there, life coaches try to understand what kind of a person this is and what he or she wants from the life or the reason behind going there. For this reason, life coach applies two different tests to the counselee: life circle and character analysis.

In life circle, there are eight categories named physical environment, health, occupation, personal development, relationships, love, money, entertainment & rest. First, life coach wants the counselee to grade each category between 0 and 100 and then decide if he or she wants to change the mark of any category in their lives. If so, they need to identify their goals by bearing in their mind SMART rule referring to specific, measurable, achievable, realistic, and time-based and they determine what to do step by step with the life coach.

Then life coach tries to understand the character of the counselee with the help of character analysis inventory in which there are four different categories with character features for 40 items. Each category represents a different character color: yellow, red, blue, and green. When the counselee chooses the character feature defining him/her the best, he or she calculates the numbers of them and the most marked one is a clue for analyzing the real character of that person. Thus, the life coach aims to identify his/her personality traits that he/she is prone to, revealing his/her strengths and areas that need to be developed to guide the counselee to use his/her inner potential in a truly productive way. For instance, one item includes dynamic/adventurer/analytic/adaptable, and the counselee chooses the one best describing his/her character and sums up the numbers to see which category has the highest mark.

The yellow character is described as extrovert, talking, and optimistic. They are generally friendly, lively, enthusiastic, cheerful, curious, childish, sincere, and talkative. They like to tell stories, remember colors well, build an audience around them, show their emotions right away, have role-playing abilities but they can have a changeable mood. They know how to live in the moment and create fun environments as they know how to have fun. However, there are several aspects that need improvement for this type of character. For example, their enthusiasm can get out of control. They can talk too much and hold the audience captive. Moreover, they can be tactless and monopolize people. They have emotional ups and downs because they may stray from reality. They do not listen and may not give others the opportunity to speak. What's more, they do not follow their work, they can start a job and start a new one

without finishing it. They have difficulty in concentrating and may lose their belongings. Finally, they have difficulty keeping their promises and they don't think they've made a mistake.

The red character is defined as extrovert, manager, and optimistic. They are born as leaders. They are dynamic, active, confident, determined, willing and less likely to be disappointed. They feel compelled to correct mistakes and don't show their feelings. They act independently and work on target. According to them, they always know the correct answer. Yet, they need to change some of their features like thinking they are always correct. Moreover, they do not want to give time for other people to understand it so they can be commanding and domineering. They can act cold and unemotional in human relations since they can be controlling and impatient and sometimes overbearing. They try to impose their own truths instead of personal preferences and wishes so they can set strict rules. Finally, they don't want to admit their mistakes because they think they are perfect, and they are fixed minded, so they are not open to change because they always think they are successful.

The blue character is described as introvert, thoughtful and pessimistic. They are generally deep and thoughtful. They approach everything analytically and they are serious and think with goals. They have genius features, philosophical and poetic aspects. Moreover, they know the value of beauty. They are regular, idealistic, honest, and conscientious. They have high standards, so they want everything done right. Finally, they care about what other people say. However, they need to be careful about some of their features. For example, as they are too perfectionist, they can be judgmental. They set high standards and want everyone to be there. They find it difficult to delegate work because they don't like what someone else is doing. Furthermore, they cannot take action because they exaggerate the planning work, and they are often stressed because they think about too much detail. They may lose their motivation very easily and since they take a pessimistic view of things, they may look sad. What's more, they miss the fun part of life.

The green character is defined as introvert, bystander and pessimistic. They have a non-dominant character. They are comfortable and gentle but stagnant. They look cool and don't rush. They are conscious, patient, silent, sympathetic and kind. Moreover, they want a life that is consistent. They don't show their feelings and try to be people of every situation. Finally, they make deep jokes. Yet, they need to be careful about some of their characteristic aspects. For instance, because they don't want to offend anyone, they have a hard time acting, they can act casual and indecisive. Most importantly, they can't say no. They don't want to influence anything. Therefore, they run away to avoid taking responsibility for making decisions. Moreover, they avoid being noticed, therefore, they cannot show some of their abilities. They also try to cover up their weaknesses. Their worries and excitements are equally quiet. They don't comment where they should, and sometimes they get into a difficult situation because of it. Since they are not clear, it is difficult to reveal and develop the aspects that need to be corrected. Although they are good listeners, they can be sometimes boring. They can leave a timid and fearful impression on people around them. They never do "today" what they can do "tomorrow".

Life coaching has a great potential to help you to decide to do anything in your life and know your strengths or weaknesses to improve your life. So, would you like to try to meet a life coach?