

THE RED CHALLENGER

A short guide to using your Map to Soul Centric Coaching



my **map** to freedom

HELLO AND WELCOME

If you are reading this it is probably because you are a new era leader, coach, helping professional, teacher or trainer, equally you might be a carer, friend or parent. Whatever your role, you will be interested in living and helping others to live a more authentic life, free from their armoured ways of being.

There are many teachings out there that encourage you to be authentic, courageous and true to yourself. We are told that we need to live in the now, detach from thoughts or let go. There is so much about the what to do, but nobody tells us the how. This is your opportunity to learn and use a method that literally shows you the how. You will be able to hold the map to this journey in your hands and learn how it can bring you and your clients, fulfilment, peace, joy and freedom.

My Map to Freedom is a completely new and unique method that works at the deepest level bringing lasting, transformational change to you and your clients that leads to living with authenticity and inner freedom.

But how can the My Map Method help your clients be more authentic? And what does it mean to become a Soul Centric Coach?

Well for you, as a helping professional or experienced coach, developing a Soul Centric Relationship with your clients means that you commit, moment by moment to dropping your armour and staying in full contact with the deepest aspect of who you are.

This is an act of immense bravery and commitment that requires you to work on yourself first. You cannot connect soul to soul with another human being unless you already know yourself as a soul.

Embarking on this path means you must go first by taking the same journey that you will take your clients on. You have taken the first step by identifying which map is yours, now you need to understand the aims the map, its structure and the nature of your specific armour.

THE PROBLEM

Whilst we humans are remarkable creatures, we have some basic limitations and the most prevalent is our need to create ways of acting, or behaving, that enable us to protect ourselves from the everyday challenges of daily life.

Although you may find this difficult to believe at first your personality traits are in fact a well conditioned set of strategies that have become a kind of armour that helps you cope with life. In fact, if you had not developed these armoured ways of being you may not have survived.

BUT whilst your armoured ways of being are useful for keeping you comfortable, they become habits of closure and defensiveness that rob you of living a life of authenticity and presence. It is these armoured ways of being that rob your clients of the life they want.

However the challenge of seeing our armoured ways of being is very real because for the most part they have become so normalized and familiar that we can no longer see or feel the impact they have on us. Plus in a world where we are perpetually in motion it is difficult to find the space to see what is right in front of us.

THE ANSWER

It was out of this modern day and largely western problem that the need for a device that could help us observe our thoughts and behaviours in action emerged and the map was born.

Your map allows your clients to recognise the specific armoured ways of being of their personality type. The aim of the map is to bring awareness to the day-to-day dealings of the personality and shows your clients the way back to their true self, their undefended self. For you as a helping professional it shows you how to become Soul Centric in your approach.

There is much learn about the layers of your map, but this brief introduction will get you started. So with that firmly in mind, read the full description of the personality traits of the RED CHALLENGER and notice what seems familiar and what does not.

As you read try to consider how these habitual ways of being have perhaps become an armour for you as a helping professional.

THE LAYERS OF THE MAP

The diagrammatic version of your map shown on the next page points to a tantalising truth... namely that you are so much more than you think you are.

Most of us think of our personality as the full extent of who we are, but the diagram on the next page points to the possibility that your personality is only one part of a much wider range of potential that exists in us all.

THE LAYERS OF THE MAP

The Outer Layer - Details your personality traits. The ways you act and behave in the world and the ways people know you as you.

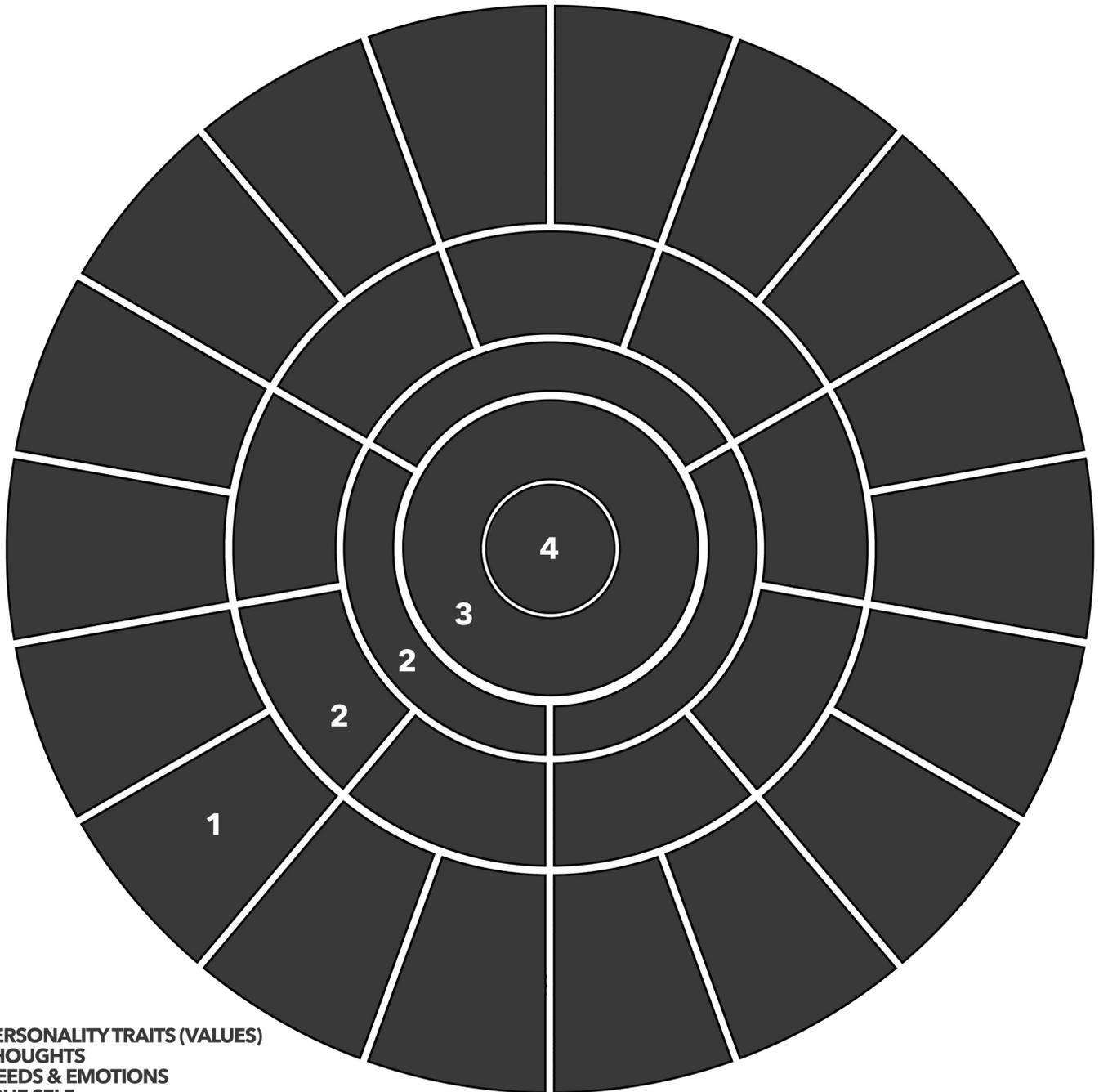
The Second Layer - Details your thoughts. The ways you think about yourself and the ways you act in the world.

The Third Layer - Details your needs, emotions and fears.

The Centre Space – Details your true self/real self/authentic self/soul signature.

The centre space is the part of you that is the vast, largely unrecognised quality of being that has been encased in layers of protection and for the most part forgotten, it is this aspect of who you are that you have sensed is missing. This core part of your being has been named many things. Your true self, your authentic self, your essential self, your unconditioned self, your soul, the names are many, but they all describe the same thing. The real you.

Most of us have had glimpses of our true self, for example, in times of exquisite peace or happiness, but they have been fewer than we would like because our awareness is so dominated by the day-to-day dealings of our personality.



1. PERSONALITY TRAITS (VALUES)
2. THOUGHTS
3. NEEDS & EMOTIONS
4. TRUE SELF



THE OUTER LAYER: YOUR PERSONALITY & DESIRE FOR STRENGTH

As a Red Challenger, you value strength above all else. You believe that if you remain strong then you will be happy. The ways that you ensure you remain strong is by being independent, making your own decisions and being in control of your own course. You also show strength by being open, honest, direct and straightforward. Confronting problems head-on helps you to feel a sense of control and to maintain control and strength, you need to be your own authority, seeking the independence to be master and commander of your own life. As your colour suggests you see yourself as assertive, decisive and resourceful. You would like others to see you as strong, fair-minded and magnanimous. Your idealised image is that you are protective and powerful. You are strong, wilful, decisive, persistent and passionate. You know what you want and you know how to get it. You have the need to feel confident, self-reliant and in charge of your emotions. You don't need to be liked, but you do have a strong need to be respected. You also need a sense of fairness and justice in your dealings with others, or you are likely to assert your wilful and stubborn nature.

You believe that too much of a good thing is almost enough. You like challenges and are often challenging when it comes to overcoming the kinds of obstacles that limit or deter others and Red Challengers can be refreshing and inspirational leaders. You can quickly assess a situation, cut to the chase and 'call a spade a spade', simplifying what initially appears to be complex and confusing. This ability to instinctively see the truth in any given situation and act decisively makes you a natural born leader. Living by your own personal code of honour, you have a strong sense of justice, which compels you to act whenever you see any kind of injustice taking place. This often inspires great loyalty from those who see you as a protective authority. Your greatest strength is your sense of justice and desire to protect the weak, vulnerable, downtrodden and under-represented. Big-hearted and generous by nature, you are unusually devoted, willing to protect others even at your own expense. Behind your tough exterior, you are gentle, playful, childlike and innocent. You also have a well-hidden tender and caring side that is vulnerable, but this often only shows up when you are with small children or animals. You are charismatic and have a take-charge, no-nonsense, can-do attitude. You have great pride in your ability to face, endure and overcome adversity, believing that what doesn't kill you makes you stronger.

OUTER LAYER: YOUR PERSONALITY & AVOIDANCE OF WEAKNESS

As a Red Challenger, you avoid weakness or being perceived to be weak by others. You believe that if you show weakness or others control your environment you will be unhappy. Because of this your weaknesses and negative tendencies relate to the ways you ensure you avoiding being weak – always. When you fear losing control or being weak, your hot temper, comfort with confrontation and penchant for vengeance may cause others to gang-up against you. Because you fear being powerless you set up a hard and intimidating exterior. You avoid being weak, vulnerable, controlled or manipulated. Secretly, you fear being caught off guard, harmed and/ or humiliated. Being mistreated and at the mercy of injustice are among your deepest fears. You resist and defy anything that is imposed upon you. Fearing deprivation, you avoid ever having to go without what you deem essential to your survival. You do everything in your power to avoid being dependent on anyone or anything. You have a distaste for mediocrity and anything that feels contrived. Your word is your bond and you do not suffer fools gladly.

People are occasionally intimidated by you and often misinterpret your direct manner as insensitivity. Self-possessed, you easily speak your mind and can come across as too aggressive. You believe that being true to yourself means that you say what you mean and mean what you say. You stand up for your beliefs and perceive backing down as a sign of weakness – even though at times doing so may be common sense and in your own best interest. Your vice is excess and going to extremes. Whatever you like, you want more of and whatever you do, you overdo at full speed. Quick to respond, you can overreact and come on too strong. You can be too much, too intense, and unwilling to self-limit. This can lead to escalating conflict due to an over reliance on your own truth and self-defined justice. Under stress you can become myopic, believing your truth as 'The Truth'. Seeing life as a battlefield or a contest of wills, you can become confrontational and have difficulty backing down or admitting defeat, and like a general surveying the battlefield you are not interested in subtle nuance, but rather in the big picture. Your attention goes to issues of power. Who has it and most importantly, if it is being used fairly. You instinctively sense a power vacuum and you often step in to fill it. You can be relentless in your search for truth, justice, power and influence. You tend to push things to the edge and sometimes may run over others in the process, often those closest to you.

TWO ASPECTS OF THE MY MAP METHOD

1. THE R.E.S.T. PROCESS

The journey of GETTING FREE from old patterns of acting, thinking and feeling happens when you sit with your full-scale working map in front of you and your work through a process called R.E.S.T.

The R.E.S.T. Process is a set of questions that form the basis of an internal inquiry, the aim being to bring awareness to and transform your conditioned patterns of defence and closure.

Broadly R.E.S.T. stands for:

R = Recognise what is going on.
E = Explore what you have recognised.
S = Surface the deeper, needs and fears.
T = Transform through connection with the true self.



Using the the R.E.S.T. Process alongside your map you are learning to become a witness to your own habitual patterns. Bringing awareness to your armoured ways of being is in itself enough to dissolve them.

2. GUIDED MEDITATIONS

The journey of STAYING FREE happens when you sit with your wall art map in front of you whilst listening to a guided meditation.

This process is for those who are looking for a daily practice which will keep them rooted in the present moment and enable them to live more fully in the now. The more you practice using your map in this way the more it becomes an anchor that brings you back to the inner stillness of your true self. From this place you will be able to respond to life's challenges rather than react to them.

Working with your map in this way is a form of deep listening. Through questioning, listening and acknowledging, you will become an explorer, charting territory both strange and familiar. In each encounter with your map you will listen for the new and the steadfast, bring back learning and resolutions and listen for the wisdom they hold.

There is a free sample of a guided meditation on your results page on our website and I encourage you to try it out. You will need to have the page in this guide which shows your sample map open on your laptop and full screen in front of you.

WHAT NEXT?

Thank you for your interest in becoming a Soul Centric Coach. You are one of a brave and courageous few who are ready to take their coaching to the highest level and I can't wait for you to discover just how much more there is to know and understand about the My Map Method and the many benefits it can bring for you and for your clients.

As a Soul Centric Coach who has 'done the work', you will have learned and be able to guide your clients in:

- Waking up and breaking free from their conditioned patterns of closure and defence.
- Witnessing, exploring and transforming their understanding of who are and why they are here.
- Mindfully integrating trapped emotional patterns.
- Learning how to feel fully alive with a simple practice that meets the challenge of maintaining this aliveness in daily life.
- Growing their capacity to respond to life's challenges from a place of authenticity, intimacy and realness.

I can't tell you how excited I am that you are considering taking this journey and would love to support you by sending you free resources, inspiration, guidance and offers to help you in using a Soul Centric approach with your clients. If you would like to receive these then please let us have your details [here](#).. If you are called to step up, be visible and do 'big work' in the world then please join us on our [Facebook](#) page where you will find blogs, free resources and videos to support you on your journey to coming out of hiding, sharing your message and living your purpose.

Finally you can find out more about how to join us, elevate your coaching skills to the next level and transform the way your coaching relationships work by checking out the options at the bottom of your results page.

Soul Centric Coaching is an evolution in the world of coaching, and it is my genuine hope that the growing number of Soul Centric Coaches will result in a world where people can drop their defences, feel free to be their true selves and bring us all together in our authenticity and vulnerability. True soul to soul connection in a world that is increasingly fragmented. And I would be honoured to welcome you to our growing community.

Jane Douglas
