

THE GOLD ACHIEVER

A short guide to using your Map to Soul Centric Coaching

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 GOLD ACHIEVER 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.

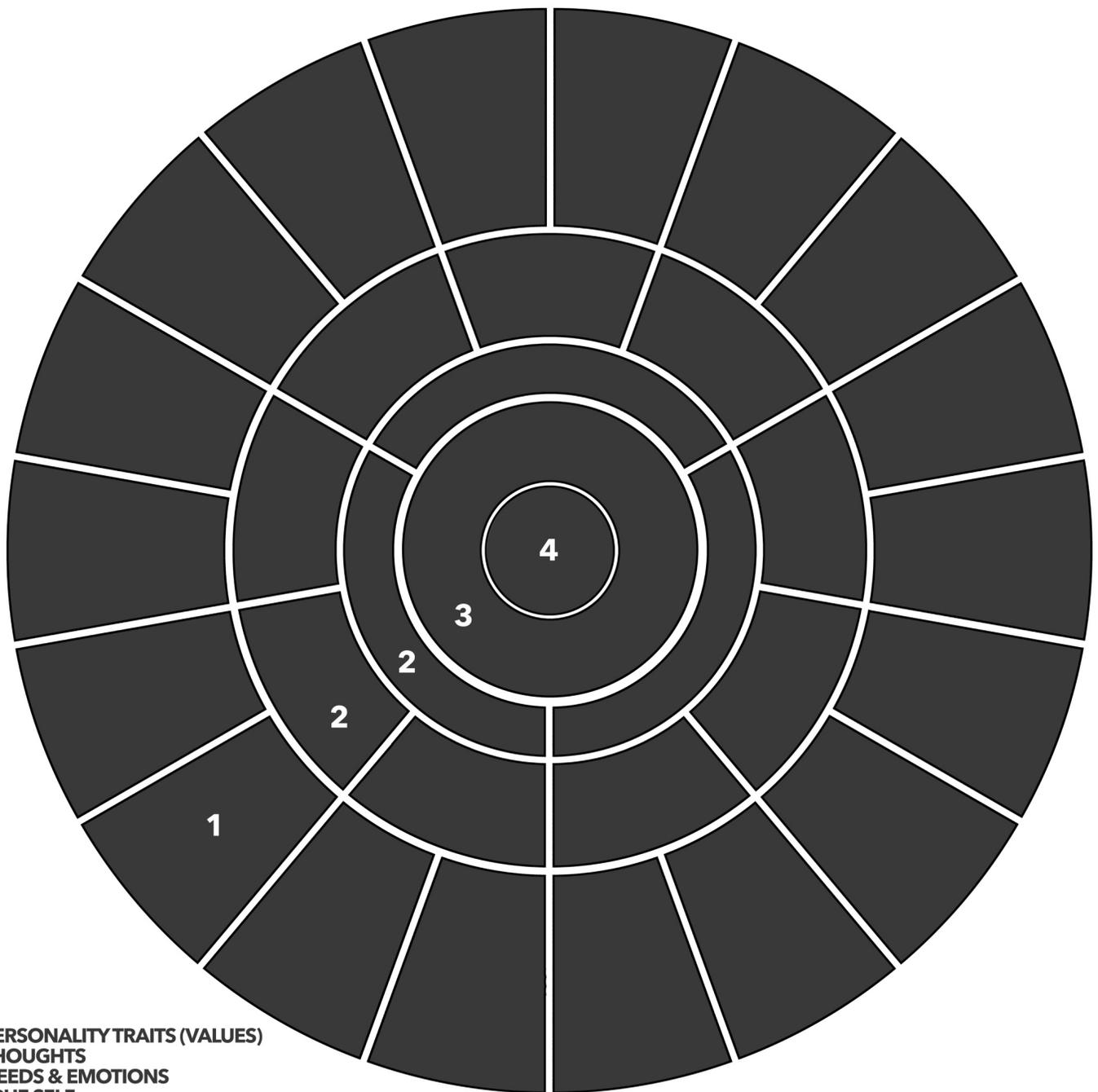
The Second Layer - Details your thoughts. The ways you think about yourself and the ways you act in the world.

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 SUCCESS

As a Gold Achiever, you value success above all else. You believe that if you are successful then you will be happy. The ways that you ensure your success is by being a performer or a status seeker because you want to be seen as adaptable, efficient, driven and charismatic. You want to be competent, productive, charming and professional, but more importantly, you want to be good at what you do and to look good doing it. You see yourself as ambitious, competitive and career orientated and would like others to see you as a winner with all the trappings of success. Your idealised image is that you are admirable and productive. You tend to rise to the top, based half on your ability to work hard and excel and half on your charm, poise and diplomacy. Displaying confidence, professionalism and dedication that is often rewarded handsomely in the workplace, you value productivity and competence and envision making the world a more efficient place. Concerned about having prestige and status, you quickly adapt to whatever role is expected of you. You want to be seen as an exemplar of the person who has it all together and is on their way to the top.

Seeking success through appearance, you are likely to place continuous pressure on yourself to maintain an enviable image. You do this by controlling your emotions, being efficient and maintaining a focused, single-minded attitude. You are impressive in your ability to put aside your personal feelings and accomplish goals in an efficient and practical manner.

You focus attention on tasks, goals, and recognition and live by the motto 'Why do when you can overdo!' You take great pleasure in crossing tasks off your 'to do' lists after quickly finishing them. You may even write down a task on your list that you have already completed just so you can enjoy the sense of accomplishment you feel when you cross it off.

To say that you are self-confident and motivated is an understatement. Your high level of enthusiasm, self-confidence, and energy tends to rub off on everyone around you with your positive attitude often motivating others and your friends value you, seeking you out for your adaptability, charm and winning attitude. You need to be the best at whatever you do, and you love the sound of applause and the accolades that are given for a job well done. A natural born performer, you do your best to be an 'all-star' at whatever you attempt. There is no second best for you, and you keep trying until you reach your goal, striving for and often developing finesse.

OUTER LAYER: YOUR PERSONALITY & AVOIDANCE OF FAILURE

As a Gold Achiever, you avoid failure or being unsuccessful. You believe that if you fail you will be unhappy. Because of this your weaknesses and negative tendencies are associated with measuring yourself by external achievement and becoming focused on your image.

You may neglect your inner-child, suppressing your inner desires and emotions to become what your parents or organisation expects of you. You work so hard at achievement that you are no longer aware of your inner-voice telling you to slow down. You want others to admire you and tell you that you have done a good job. You avoid failure, worthlessness, being second best or appearing as though you cannot accomplish what is expected of you. You can confuse your image with who you are at your core. This chronic self-deception can lead to you living a life where the ends always justify the means but leaves you with an empty or superficial emotional existence.

On the way to achieving your goals, you may repress or swallow your emotions, seeing them as speed bumps that slow you down along the way and this can cause your emotions to come up and surprise you at unexpected times.

In your drive for success, you can often be calculating and manipulative towards those around you in order to achieve your goals. Always on the go and energised by starting new projects, you achieve a great deal but are also at risk of burning out. As soon as you reach one goal, you are on to the next. As a result, it is difficult for you to relax, to stop over-excelling and become one of the team. As you push harder and harder to complete tasks, you may even appear robot-like and ruthless because you have begun treating yourself like a machine. Because you tend to mistake what you do for who you are, you can become a human 'doing' instead of a human 'being' and become anxious and fearful that your carefully crafted image of the successful, on the go, efficient 'doer' might be unmasked as false.

Your vice is deceit. You have a tendency to be overly boastful and others can think of you as pretentious. Seeking status through approval, your attention targets performance and prestige. Hyper-focused on your audience, you adapt to the expectations of others, which can give you the appearance of being opportunistic. You want to be the very image of success wherever you are and with whatever you do, but this trying to stand out and be number one can be exhausting. You find it hard to ask for help or to pay attention to your deeper feelings and feel like you always have to greet the world with a smile so that people will smile at 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 reacting 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
