



## Holistic Wellbeing through Self Appreciation

A personal story from Jody Bunting:

*"I thought I was an Orange, but I'm actually a Blue, and now I love my life living as a Blue. I also love my Blue friends, but like to meet up with a few Oranges now and again".*

If you have no idea what I'm talking about, then you have not heard of the True Colors communication tool.

When I was working at a health club in Kent last year I bumped into a lady called Sharne who was so full of life and energy, I was drawn to her for some strange reason and at our first meeting at the reception desk we were talking for almost an hour. At first I thought she was fake, how can someone be so happy and caring about everyone all the time, but after speaking with over a few weeks I began to realise her energy was in fact real!

I invited Sharne to take part in our weight loss programme and in return she started to tell me about something called "True Colors". Sharne sat me down and put 4 cards in front of me, one Blue, one Orange, one Gold and one Green. They all had different pictures on and words. I had to look at the pictures first and then read the words, then put them in the order in which best described me – such an easy process!

I put Orange first, which is the adventurous and impulsive colour, as I like to think I am the life and soul of the party. Secondly I put Blue which is the calm, caring and relationship building type. Although I like living the crazy life, over the years working with lots of overweight groups and seeing the family life in Egypt, I have begun to respect and take joy from authenticity and peacefulness.

In the past 12 months since doing this simple self appreciation process, I have surprised myself by becoming a true Blue. I have stopped caring about the parties and extreme adventures that used to be the base of my lifestyle. Yes - I have qualified as a Holistic Lifestyle Coach, but I think this was also my personal stepping stone in turning from an Orange to a Blue as my primary colour.

Now Green and Gold, I have so little of these colours in me that I even find it hard to describe what they represent. I do know however my father and sister are Greens or Gold's and this is why I have to think before communicating with them.

Now let me hand you over to the True Colors expert Sharne to explain the characteristics of the Green and Gold personality types...

*"Jody - you are really funny! It's of course important to remember that we all have four colours in us - it's just that some shine less brightly than our primary colours.*

*People who have primary Gold in their personality are loyal and hard working and love doing things with their family. Gold's enjoy making a difference in the world by contributing to the community and keeping stability and order for people. They are preservers and as a consequence often love history and heritage. People with Gold as their primary colour love tradition, structure and planning ahead (they also love lists!)*

*People who have primary Green in their personality are deep thinkers, they love learning about new concepts and ideas, they have a wonderful ability to create visions and want to be admired and respected for their expertise and knowledge. They enjoy time to think and reflect, being in nature and to understand how the world works so they can continuously improve things – their creativity and curiosity generate amazing innovations.*

*Back to you Jody!..."*

Now it is easy to get on with the people who are the same colour as you; but you can still have great relationships with other colours as long as you understand they are not like you and they need to be treated differently (the non-blues in my life have brought me balance).

Sharne gave me a small booklet and it explained how to communicate personally and professionally with the other colours. It also explained more about my colour and she has been coaching me on how to bring out more of my true Blue.

I can honestly say I have used many tools in the last few years to improve my holistic health, but this one has certainly done the trick with my family and friends, and now I keep learning and improving my relationships. It has also made me realise what qualities I really want in a partner. I LOVE BEING BLUE!

To find out more about True Colors simply visit Sharne's web-site <http://www.truecolorsuk.com> or e-mail her on [sharne@truecolorsuk.com](mailto:sharne@truecolorsuk.com) for a coaching session or a workshop for your organisation or team to discover your Colors.