

Subjective Well-Being through Coaching Process

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Abstract : Well-being is a good or satisfactory condition of existence; a state characterized by health, happiness, and prosperity. Well-being of people is correlated with, the cognitive, social, emotional, and physical aspect of their personality. Subjective well-being, people's emotional and cognitive evaluations of their lives, includes what lay people call happiness, peace, fulfillment, and life satisfaction. Unfortunately in this period of time people are under the pressure of financial, social problems, and other stress factors which made them vulnerable, and their well-being is threatened. Personal Coaching as a holistic orientation and novel approach is ideal for the present century which help people, to find balance, enjoyment and meaning in their lives as well as improving performance, skills and effectiveness. The aim of the present article besides introducing the personal coaching is determining how personal coaching can positively effects on subjective well-being, under this aim we tend to describe how coaching impact on the cognitive and emotional reconstruction. Present qualitative research is descriptive analytic study, which data gathered by manual library research and search within authentic article through internet; analyzed personal coaching which integrated different views into an operational one helps people promote self-awareness as well as evaluate, emotional and cognitive aspect of their personality and provide appropriate subjective well-being.

Keywords : subjective well-being, coaching, well-being, positive psychology, personal growth

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