

**CELEBSTER**

## There's An App For That: Personal Life Coach



No time to go to a Life Coach? No problem, now that there's a new iTunes app created by bestselling author and former professor of Psychology, Angella Nazarian, "*My Personal Coach*."

The App store says: "Through its customized growth plan based on the five areas of life that determine our success, priorities, strengths, thoughts, relationships and the environment, users are encouraged to maximize their fullest potential and feel supported through the process. Discover your strengths and personality type through a fun survey based on the research of Gallup, Meyers-Briggs and Keirsey, the first step in knowing who you are and understanding our own natural talents and gifts. Then, *My Personal Coach* presents you with motivating challenges within the five core arenas of self-development and gives you the options to set calendar reminders or alerts to view progress."

Alrighty, then. While this app is not meant to replace a Life Coach or god knows, a therapist, it is well-suited to people who want more of an inspirational tool.



We were curious about the woman behind the app, **Angella Nazarian** who is a bestselling author ( *Pioneers of the Possible: Celebrating Visionary Women of the World* and *Life as a Visitor* ) and has impressive credentials, including years as a professor of Psych.

Here's what we wanted to know:

Why did you create My Personal Coach?

*We all have our own journey to make, with our set of challenges. But one thing is for sure: personal transformation takes time, accountability, and encouragement. It can happen organically through personal relationships, or through enlisting an outside coach. Since not everyone can afford having a personal coach, I designed the app as a coach that can be carried on the go. Packed with inspirational quotes, a personal survey, and challenges, it is there when you need it – perfect for the DIYer.*



What are some things that give us a head start in changing our perspective in life?

*For one, the people we surround ourselves with will always play a key role in our growth and development. If you want to change your perspective, I always say it is best to hang around people that you admire – their ideas and perceptions of the shape our worldview. Secondly, I'd like to emphasize is the power of media – whether books, magazines, movies, art and music. The things we read, watch and listen to affect our mindset. I love reading biographies of inspiring leaders – they inspire me to think in new ways and challenge my perceptions. It was out of this inspiration I wrote my second book *Pioneers of the Possible: Celebrating Visionary Women of the World*.*

What do you think is the most important characteristic of a person who is thriving?

*A person who is thriving is always engaged with people and activities that correspond with his or her deeper values, so they come away being energized by situations.*

*I always ask people to pay attention to the situations that drain them—it is an indication that something may be amiss.*

In your years of leading personal growth workshops, what are some of the trends that you've noticed?

*In L.A., having a coach is getting as popular as having a personal trainer or attending a workshop. Many people want to focus on proactive ways of dealing with present day challenges. The only draw back is that not everyone can afford seeing a coach weekly, and many coaches may not have the proper training.*

*That is why I thought it would be a good idea to have an app that everyone can interact with for daily inspiration.*

*My Personal Coach is available on iTunes for \$1.99.*