



THE FOUR ROOMS OF CHANGE

Life Contentment Index©

The Life Contentment Index was developed by Claes Janssen to complement his first diagnostic tool, the Outsider Scale which related to individual and collective self-censorship and defense mechanisms. While the Outsider Scale captures how we as individuals tend to adjust to society, the Life Contentment Index can be said to capture how we tend to adjust to life itself. Many people who start to explore their own Four Rooms of Change recognize that of all of the four states of mind it is often achieving contentment that remains their greatest challenge. High achievers, in particular, can spend extended periods of time in renewal and inspiration and ultimately suffer from burnout.

The Life Contentment Index LCI was created by Claes Janssen in collaboration with A&L Partners to provide individuals with greater insight into how content and satisfied they are with different aspects of their life, what the key drivers of contentment are for them and what action that they might now take to be more content. The LCI consists of a total of 43 items relating to contentment. Part 1 of the instrument explores what drives and decreases our own personal levels of contentment based on four areas of life; in our work, in our relationships, with our health and relating to our own mindfulness. Part 2 then helps to identify our primary drivers of contentment. Claes Janssen identifies five potential drivers of contentment in the LCI. Finally Part 3 is a self-assessment of aspects of self-confidence and self-esteem how they relate to each other.

The Life Contentment Index LCI is best used as part of a coaching or counselling process and the greatest learning is generally achieved when the results are reviewed together with some skilled support. The LCI is also often used together with the Outsider Scale; another tool from Claes Janssen which captures our tendency to seek contentment and experience self-censorship and denial versus our tendency to seek inspiration and renewal and experience confusion and conflict.

This is an excellent tool for young leaders and potential leaders who want to increase their self-awareness, take control of their lives and improve their personal effectiveness or as a part of a trainee program. It is also often used to support the rehabilitation process of people who have been on extended sick leave or been unemployed for a lengthy period of time. It can be a powerful shared learning experience for peer support groups who wish to increase their sense of well-being and mental health and the LCI is often used when counselling people who are currently experiencing a career transition, a mid-life crisis or have been made redundant at their workplace.

We do not recommend using the Life Contentment Index with young people (under the age of 20) and the Life Contentment Index may only be administered by a certified facilitator who has gone through a rigorous training program and is committed to applying the tool in an ethical way. For more information on the Four Rooms of Change® please go to www.fourroomsofchange.com.au.

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