



SELF LED YOU

YOUR ONLY LIFE-LONG COACH & THERAPIST

Individuals

Self Led You is for individuals who would like to benefit from the clarity and sense of wholeness that comes from working with the Internal Family Systems (IFS) model. Whether you're looking to help yourself through a rough patch, achieve a new sense of direction, understand a complex issue, or heal parts of yourself that call to you for attention, the IFS model can assist you in that work and that is what *Self Led You* is here to help with.

The IFS model is intuitive to understand and yet hard to master. It is a systems-based model, which means that it emphasises a wholesome, holistic perspective rather than focusing on a single aspect of you or your presenting issue. IFS models our inner worlds after the social surroundings we grew up in and sees the different parts of ourselves as "inner family members."

IFS is a respectful, therapeutic and deeply empowering process that allows you to identify and release the constraints that inhibit your full growth and development. You will not only be able to do so and feel stronger but you will also start to learn how to do this for yourself in the future. You start to build an unforgettable and vital skill that IFS calls *Self leadership*. Passing that skill on to others is one of the main goals of this practice.

Organisations

Because of the systemic nature of the IFS model, it has been used successfully in for-profit organisations, in the educational sector and with various creative projects. *Self Led You* offers a cost-efficient & battle-tested path towards well-functioning social and governance processes that truly serve the best interests of your stakeholders. Please inquire for the *7 Steps Towards Organisational Self Leadership* to help the growth & performance of your business, non-profit or department.

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Self Led You

Self leadership is an empowered and centred way of being where we make decisions based on long-range & wide-angle perspectives that are in alignment with our core values. *Self Led You* offers facilitation services to help build capacity for *Self leadership* in individuals and in groups.

Employing an evidence-based & systemic model called Internal Family Systems (IFS), hindrances to *Self leadership* can be identified, understood and integrated into the individual's or organisation's broader system and awareness. Once this has happened, the individual has reclaimed a vital part of themselves, and the organisation has grown that much more inclusive and resilient.

Today, IFS is used successfully by thousands of individuals and organisations all over the world for wholeness and healing, to increase performance, to identify gaps in awareness, and so on.

Self leadership is accessible to all individuals and groups. IFS helps identify and release the constraints that keeps this from reach and so helps you become "Self led". From then onwards, you will do the rest.



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www.selfledyou.com