

A black and white close-up photograph of an elephant's face, showing its eyes, trunk, and tusks. The elephant's skin is wrinkled and textured. The trunk is thick and hangs down. The tusks are curved and white.

IFS

INTERNAL
FAMILY
SYSTEMS

THE 8 C'S OF SELF LEADERSHIP



ROBERT
FALCONER

The 8 C's of Self Leadership

IFS

CURIOSITY

An eager wish or desire to know or learn about something. A state of wanting to learn more and and openness to being shown more.

COMPASSION

To be present with an open-heart. The ability to appreciate others and one's self without feeling the urge to fix, to change, or make judgements.

CONNECTEDNESS

The state of feeling connected to something larger than one's self. A feeling of being part of something larger. The sense of feeling socially, emotionally, spiritually, linked with others or with another.



INTERNAL FAMILY SYSTEMS

The 8 C's of Self Leadership

IFS

CLARITY

Clearness of perception or understanding; freedom from ambiguity. The ability to see situations accurately without distortion from extreme beliefs and emotions, to maintain objectivity about a situation, seeking a deeper understanding.

CONFIDENCE

Belief in oneself and one's powers or abilities; self-confidence; self-reliance; assurance.

COURAGE

The quality of mind or spirit that enables a person to face difficulty, deep emotions, pain, etc. The ability to face fear with bravery.



INTERNAL FAMILY SYSTEMS

The 8 C's of Self Leadership

IFS

CREATIVITY

The ability to transcend traditional ideas, rules, patterns, relationships, and to entertain new ideas, forms, methods, interpretations, etc.; originality, or imagination.

CALMNESS

A state of equanimity. The state of being ready to face what is presented with gentleness.



Contact



INTERNAL FAMILY SYSTEMS

IFS

WEBSITE:

ROBERTFALCONER.US



Roel & Roji Design

Digital Artist



LAURAROEL@IFS-PSICOTERAPIA.COM

ROJISTUDIO@GMAIL.COM

