**Internal Family Systems (IFS) Coaching**

**IFS coaching offers a range of benefits to individuals looking to enhance professional and athletic performance, achieve goals, and improve their lives in the following ways:**

Greater self-awareness: By learning about their different parts and how they interact, individuals can develop a deeper understanding of themselves and their behavior.

Improved emotional regulation: Through working with their parts in a compassionate and nonjudgmental way, individuals can develop greater emotion regulation and reduce stress and other heightened emotions.

Enhanced decision-making: By understanding the motivations and desires of their different parts, individuals can make more informed and intentional decisions.

Improved relationships: By learning to communicate with their parts and work through inner conflicts, individuals can break through barriers to personal growth and achieve their desired outcomes.

Reduced symptoms of mental health issues: While IFS coaching is not a replacement for therapy, it can be a helpful complement to mental health treatment, potentially reducing symptom struggles.

**IFS coaching in its approach is different from other types of coaching.**

IFS coaching has a focus on parts work: It is based on the concept of parts work, where individuals identify and work with different parts of themselves to develop greater self-awareness and emotional regulation. This approach is different from other types of coaching that may focus more on behavior change or skill development.

It is a non-judgmental approach: IFS coaching emphasizes a non-judgmental approach to self-exploration, where individuals are encouraged to develop a compassionate and curious attitude towards their inner world. This approach is different from other types of coaching that may focus more on performance evaluation or critique.

There is integration of mind-body-spirit: IFS coaching takes a holistic approach, recognizing the interconnectedness of mind, body, and spirit. This approach is different from other types of coaching that may focus more on one aspect of an individual’s well-being, such as physical health or career development.

There is an emphasis on personal growth: IFS coaching places a strong emphasis on personal growth and self-discovery, helping individuals to develop a deeper understanding of themselves and their values. This approach is different from other types of coaching that may focus more on achieving specific goals or outcomes.

DISCLAIMER: IFS Coaching with Jena is not a substitute for psychotherapy and does not replace professional mental health advice, nor includes diagnosis or treatment of illness of mental health condition.