

The Inner Orchestra Circle

Welcome! Come & Join In

A supportive space to explore, understand, and deepen your Inner Life, Quiet the Noise, and Fine-Tune It to Harmony - blending IFS therapy, coaching, existential wisdom, and creative practice to help you LIVE and LEAD with CLARITY, Courage, and PURPOSE.

What is this about?

Most people, *women and gifted high achievers* in particular, carry two silent burdens:

- ① The pressure to *do more, achieve more, be more* as professionals or parents
- ② The hidden parts of themselves — both their deepest wounds *and* their greatest brilliance — that often get pushed down, so you can carry on

Inside this Inner Orchestra circle you'll learn to:

- **Map your Inner Orchestra** with IFS-inspired practices
- **Befriend your protectors** (the inner critic, productivity pusher, perfectionist & procrastinator dynamic) so they work with you, not against you
- **Meet your exiles** — the tender parts they protect, carrying long-ignored pain or longing - with compassion instead of fear
- **Reclaim your Golden Shadow** — the hidden gifts, creativity, and vitality you've been taught to suppress & fear
- **Anchor into your Core Self energy**- the *Imago Dei* in us - God's given blueprint of inner calm confidence, clarity, lovingkindness & presence, expanding your inner freedom & joy

NOTE: If you're not familiar with IFS (Internal Family System), please see these [3 short videos](#)

How can it benefit you?

- Therapists, counselors, pastors, and even coaches have been called *wounded healers* - carrying their gifts in jars of clay - fighting their own dragons of self-doubt & burnout. Often in silence. You get to approach your struggles in a deep & effective way.
- It helps normalise our own parts (IFS language) reactions as we witness others naming and honouring their inner parts. And a rich opportunity for immediate access to the aspects(of us that get triggered by other group members - offering 'do-over' experiences.

- The shared Self energy can be a powerful tool for self-discovery and connection with others who are on a similar journey, expanding the 1-1 individual therapy
- For professionals in this field, this is an excellent opportunity to learn & experience hands on a therapeutic approach (IFS) that you can integrate in your own practice.
- The schedule is generously spacious, making it easy to weave around your professional & personal commitments.

 Led by Adela Cristea, IFS therapist, MS in spiritual & psychological counselling, of Christian faith, experience in trauma & deep inner work for reflection, processing & inspired living.

What is the structure?

Every Month You'll Receive:

2 Live Group Therapy/Coaching Sessions  - 1.5h

Each with a guiding theme: Befriending the Protectors, Meeting the Exile, Reclaiming Hidden Gifts, Existential Courage, etc.

1 Live Q&A / Integration Call - 1h

Opportunity for live questions, direct coaching, clarity, and integration.

Private Community (Optional)

A space for connection, reflection, and accountability, with like-minded peers on the same path.

What is the schedule & cost?

Where: **Online** via Zoom

When: *Sessions* – 1st & 2nd Wednesdays of the month, 19:00 - 20:30 OR
 1st & 2nd Tuesdays of the month, 11:00-12:30
Integration Calls – 3rd Saturday of the month from 11:00-12:00 GMT

Duration: Starting March 2 to June 20, 2026 - 4 months (with option to extend)

Cost: £110 per month or £410 when paid in full (**£30 off** for that foot massage);
 Includes an initial one-to-one assessment

 **These are closed groups for deeper trust & commitment.**
Doors are now open - Join In!

For more information about the process [follow this link](#).

To reserve your place or for any question email Adela at [connect @dauntlessminds.com](mailto:connect@dauntlessminds.com)

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