**If I could combine Erin Claire Jones for Human Design, Jenna Kutcher for similar communication style and Nicole LePera for the parts work approach, this would be me!**

Erin Claire Jones- another topHuman design expert in the industry,She may be closer aligned to myTone and how I'm speakingAbout my own understanding of human design in the approach I want to take.<https://erinclairejones.com/human-design>.

* She is the closest to me same brain logic when talking about Human Design

Dr Tara Swart-<https://www.taraswart.com/about-dr-tara-swart/>

* She Combines Neuro manifestationInto executive coaching and goal setting

Summer McStravick- <https://flowdreaming.com/about-summer/>

* I just discovered summer,She's a little too woo-woo for me But she offers a lot And it's worth researching her to use Any of her Concepts.

Amy Porterfiled-<https://www.amyporterfield.com/about>

* She is a Powerhouse a woman entrepreneur and creates courses And she is making millions. I'd like to see what we can take from her and her approach for creating courses

Mimi Bouchard-<https://www.mimibouchard.com/about>

* She blew up! Created Superhuman activations and I love her positive approach to visualizations <https://www.superhuman.app/home>

Julia Broome - Social media maven- I learn so mch from her approach on IG and we can use her tips and tricks for IG

* https://www.soshschool.com/

Jenna Zoe- human design guru, making things more simple and digestible, she has courses, an app that I want to take audio clips of and add into the profile recommendations. Her app is a gold mine. We can take everything she has in there and turn it into actionable steps.

Gabby Bernstein - she has a mega brand. Books, app, website, podcast and is writing a book about internal family systems .<https://gabbybernstein.com>

Jenna Kutcher - not in my wellness lane but a powerhouse mom and entrepreneur. Lots to emulate from her. She has sooo many courses, a successful business, a ton of free shit, and is making MONEY!! She’s using Pinterest. She’s using LinkedIn basically every platform she’s created course on for people and to create their own. She is Worth checking out.

Atarah valetine he coached with me at To Be Magnetic. I coached before him and he’s gone off!! Created his own workshop and video content, subscription model. It’s called the Dailey pages. He posts free content in reels daily

Heath Ellis- This guy is a quiet force but I like what’s he about. Worth taking data from him too.<https://thrivetransformation.co/breakthrough-programs>

Manifestation Babe - she has a ton of workshops and is making money!!<https://manifestationbabe.com/programs> What can we glean from her? Maybe action steps? For the authentic self to get to the goal after all the clutter is clear

To be magnetic - this is how I started my coaching career and they have a big community, I nearly in monthly subscription, work shops, podcast, and I know they bring in millions a year. Their podcast is wildly popular

IFS- parts work people below I am less familiar with and need to research:

In the social media space and wellness industry, several individuals are known for their work with Internal Family Systems (IFS) or parts work therapy. These influencers, therapists, and educators use platforms like Instagram, YouTube, and TikTok to share insights, techniques, and educational content related to parts work. Here are some prominent figures:

1. \*\*Dr. Richard Schwartz\*\*: The founder of Internal Family Systems (IFS) himself, Dr. Schwartz is a leading figure in parts work therapy. He has a presence on social media platforms and often participates in webinars, interviews, and podcasts, providing insights into IFS.

2. \*\*Dr. Nicole LePera (The Holistic Psychologist)\*\*: Dr. LePera is a psychologist and author who is very popular on Instagram, YouTube, and TikTok. She integrates parts work into her broader approach to holistic healing and self-healing, often discussing IFS principles in her posts, videos, and community membership platform, SelfHealers Circle.

3. \*\*Tara Brach\*\*: A well-known psychologist, author, and meditation teacher, Tara Brach often discusses concepts that align with IFS and parts work in her teachings. While she may not exclusively focus on IFS, her integration of mindfulness, self-compassion, and parts work concepts is prominent in her talks, podcasts, and social media presence.

4. \*\*Hilary Jacobs Hendel\*\*: A psychotherapist and author of "It's Not Always Depression," Hilary Jacobs Hendel frequently incorporates IFS and parts work into her social media content, blogs, and public speaking engagements. She discusses the role of emotions and the inner "parts" in personal development and healing.

5. \*\*Teal Swan\*\*: Teal Swan is a spiritual teacher and influencer who talks about parts work and shadow work on her YouTube channel and other social media platforms. She incorporates a blend of psychological and spiritual approaches to address emotional healing and self-awareness.

6. \*\*Bethany Webster\*\*: Known for her work on the "Mother Wound," Bethany Webster often integrates parts work into her discussions on healing from generational trauma. Her social media content, blog, and podcast touch upon IFS concepts as part of broader personal development topics.

7. \*\*Catherine Polan Orzech and Daniel J. Siegel\*\*: Both are known for their contributions to mindfulness and psychotherapy, often integrating IFS principles. They share content on social media that addresses the intersection of mindfulness, self-compassion, and parts work.