

BEING TRUE

Playbook

How to ^{*Be*} ~~Change~~
Yourself at Work

CASSANDRA GOODMAN

FOUNDER, THE CENTRE FOR SELF-FIDELITY

Dear Reader,

At the risk of things getting a little weird between us right off the bat, I want you to know that I have created Being True, and this accompanying Playbook audiobook for you.

I know that may seem like a lot of effort for me to go to, and it was. And, it was worth it.

So many of us convince ourselves that who we really are is somehow not enough. Not strong enough. Not smart enough. Not experienced enough. Not kind enough. Not educated enough. Not brave enough. Not good enough. Not worth enough.

But this is not true.

At this very moment, the very best of human nature is seeking to express itself through you in unique, powerful and important ways.

This audiobook is an invitation to join me on a pilgrimage of self-discovery. To figure out who we really are and to better understand why we do what we do. I hope that this pilgrimage empowers you to embody a more truthful, more vibrant expression of all that you are.

I am honoured to be your guide and steadfast companion, and I'm ready to begin whenever you are.

Cassie

Founder, The Centre for Self-Fidelity



WELCOME

You are welcome here.
With all your parts, and all your patterns.
There is space for all of you here.
I have faith in your true essence
and I trust in your innate goodness.

It is my hope that this playbook empowers you
to have more faith and trust in yourself.



My "Little Miss Achiever" part

INTRODUCTION

I'm convinced of two fundamental truths about human beings.

The first is that we all have within us a centred place of wisdom, harmony and strength.

The second truth is that we're all going to veer away from that place again and again and again.

That's the nature of life. In fact, we may be off course more often than we are on course.

The question is how fast we can get back to that centred place of wisdom, harmony, and strength.

It's in that sacred place that life is transformed from struggle to grace.

Arianna Huffington

BEING A TRUE LEADER MEANS THAT YOU:

**TRUST IN YOUR INNATE LEADERSHIP POTENTIAL,
KNOW HOW TO REASSURE YOURSELF
DEEPLY UNDERSTAND YOURSELF, AND CAN
EMPOWER YOURSELF.**

AND, AS A NATURAL OUTCOME OF THESE PRACTICES,
TRUE LEADERS ALSO:

**TRUST IN THE INNATE LEADERSHIP POTENTIAL OF OTHERS,
KNOW HOW TO REASSURE OTHERS,
DEEPLY UNDERSTAND OTHERS
AND CAN EMPOWER OTHERS.**

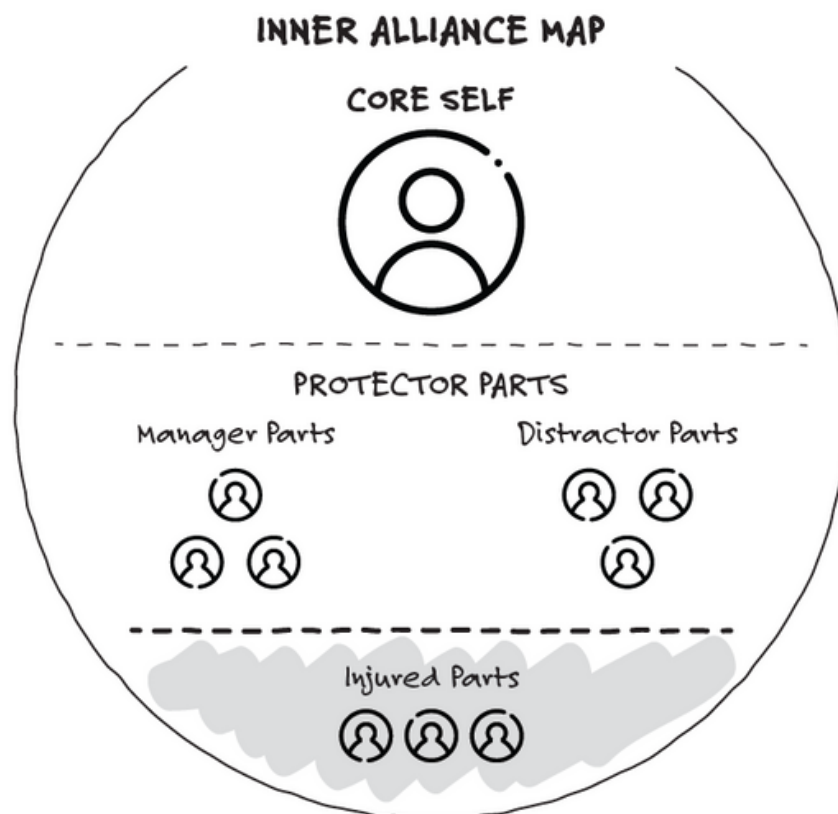
What does TRUE leadership mean to you?

INNER ALLIANCE MAP: IAM

When we simply turn our attention inside, we find that what we thought were random thoughts and emotions comprise a buzzing inner community that has been interacting behind the scenes throughout our lives.

DR RICHARD SCHWARTZ

Dr



Capture your reflections and insights here

PRINCIPLE #1

BELONGING COMES FROM BEING TRUE TO YOURSELF

**Fitting in is not the pathway to belonging.
Real belonging comes from being who we are,
not changing who we are.**

Capture your notes and thoughts on this principle here

PRINCIPLE #2

SELF-ABANDONMENT HAPPENS LITTLE BY LITTLE

**We tend to change ourselves in ‘tiny movements’,
not ‘sweeping pivots’.**

Capture your notes and thoughts on this principle here

PRINCIPLE #3

BEING YOURSELF REQUIRES KNOWING YOURSELF

True self-awareness requires a more accurate understanding of the human mind - one that recognises our multiplicity

Capture your notes and thoughts on this principle here

PRINCIPLE #4

YOU HAVE A CORE AND MANY PARTS

We're not singular in our psychology. We all have many different parts and a uniting core self.

Capture your notes and thoughts on this principle here

PRINCIPLE #5

BEING TRUE TO YOURSELF TAKES PLAYFUL PRACTICE

Embodying the truth of who we are requires an ongoing, moment-to-moment, playful practice of remembrance and reconnection

Capture your notes and thoughts on this principle here

What are your overall reflections on these 5 principles?
Are there any other principles that you feel are foundation to being true to yourself?

PRACTICE #1

DISCOVERING YOUR INNER TEAM

This practice supports you to stay in the driver’s seat instead of being swept away by your inner dialogue. The intention of this practice is to create a sense of inner spaciousness so you can begin to relate to your parts from a place of connection to the qualities of your core self.

What insights emerged from your practice?

How might you adapt this practice, and make it your own?

PRACTICE # 2

UNDERSTANDING THE KEY PLAYERS

This practice supports you to to get curious about the many different aspects of yourself. The intention of this practice is to become more familiar with the key players and the dynamics of your inner world.

What insights emerged from your practice?

How might you adapt this practice, and make it your own?

PRACTICE #3

CARING FOR YOUR PARTS

This practice supports you to extend compassionate reassurance to the parts of you that need your leadership. The intention of this practice is to build on your understanding of your parts to care for them in very specific ways and create your inner alliance.

What insights emerged from your practice?

How might you adapt this practice, and make it your own?

PRACTICE #4

REMEMBERING WHO YOU ARE

This practice will support you to re-ignite vital aspects of yourself that may have been turned down to pilot-light setting. The intention of this practice is to salvage vital aspects of yourself that you have forgotten, lost connection with or abandoned.

What insights emerged from your practice?

How might you adapt this practice, and make it your own?

PRACTICE #5

HARNESSING YOUR ESSENCE

This practice will support you to connect to your essence as an uplifting and renewable energy source. The intention of this practice is to tap into a powerful, inner source of energy and vitality that has the potential to uplift you, those you lead and those you love.

What insights emerged from your practice?

How might you adapt this practice, and make it your own?

SUPPORTING YOURSELF

**When I'm being true to my deepest self,
it doesn't really cause harm to anybody.
It actually serves the greatest good.**

TARA BRACH

How will you support yourself to continue to put all you have learnt into practice, and continue to take care of all your parts?

What additional support do you need?



Being True is my signature program. It's a transformation learning experience for busy, big-hearted leaders who want to honor who they authentically are - and take care of all their different 'parts' along the way. You can experience *Being True* as a self-paced online course, or as part of my Group Coaching Program.

Learn more here :

<https://selffidelity.podia.com/being-true>

"The power of Cassie's coaching approach comes from her real-world leadership experience, and the depth and breadth of her toolkit. Above all, Cassie cares deeply for those she serves."

William Sheffield,
Chief People Officer



"Cassie is the master at creating and holding space for her clients. The space is always free of ego or expectation. It's truly a space to discover your best self."

Jasmine Malki,
Head of People & Development

To learn more about this program, and my one-on-one leadership coaching packages, reach out on Cassandra@self-fidelity.com

BEING TRUE

How to ^{Be} Change Yourself at Work

CASSANDRA GOODMAN

Working life can feel like one long masterclass on how to fit in. It's so easy to abandon parts of ourselves that feel somehow inadequate, inconvenient or inappropriate.

Over time, small acts of self-abandonment begin to take a heavy toll. It's no wonder that so many leaders feel alone, overwhelmed and exhausted.

But what if true leadership is about being more yourself?

What if you could build an inner alliance of 'parts' that supports you show up in ways that are more aligned with your true nature?

***Being True* is a short, practical guide for busy, big-hearted leaders who want to honor who they authentically are - and take care of all their different 'parts' along the way.**

Buy a copy here: www.self-fidelity.com/books/



'When I developed Internal Family Systems I knew that I could only take it so far. So I'm thoroughly honored that Cassie Goodman, a wonderfully talented teacher and writer, with extensive corporate leadership experience, has written this book that will inspire so many leaders to access their true Selves and love their parts in ways that I never could. Cassie, I'm so grateful! Being True is a must read for all leaders.'

Dr Richard Schwartz, Ph.D. developer of Internal Family Systems, adjunct faculty, Department of Psychiatry, Harvard Medical School

Buy a signed copy of *Being True* [here](#) (\$29.95)

Use the coupon code FRIEND and postage is FREE (if you live in Australia)

Cassandra Goodman is the founder and director of The Centre for Self-Fidelity.

Cassandra's career has moved further and further up the supply chain from customer experience transformation to employee experience transformation to transforming the inner experiences of leaders. Through her coaching, training, speaking, consulting and writing, Cassandra supports busy, big-hearted leaders to be true to themselves as a catalyst for the co-creation of workplaces where people can thrive, perform and belong.



Cassandra brings over three decades of business experience to her work and has held a range of senior leadership roles, including Global Director of Employee Experience at a healthcare company where she helped to activate the organisation's purpose, 'Longer, Healthier, Happier Lives,' for their 86,000 employees around the world. Cassandra is an IFS-informed coach. She has a master coaching certification and is an accredited Thrive Global Executive Coach. She is also an accredited Lean Six Sigma Master Black Belt (and no, she can't catch flies with chopsticks). Cassandra lives in Melbourne, Australia.



*Guiding Leaders
Inwards & Upwards*

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