

Jumping June Relationships and Leadership Newsletter 2026



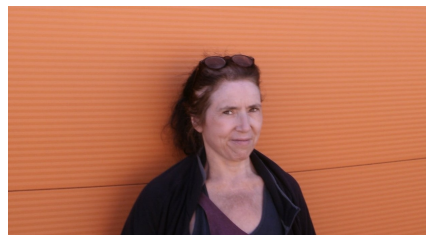
Jumping June Newsletter 2026: Barbara Ciccarelli

Hi I'm Barbara

Hi, I'm Barbara, a Relational Self-Leadership Coach located in Amsterdam, Netherlands.

I'm American, an academic university lecturer. My online and in-person focus has been Identity, Life Writing, Communications, Belonging, Authority, Positioning, Motivation and Growth. A year ago I brought my expertise to the practice of relationships and self-leadership, and I've never looked back.

I think creating a continuity of presence is the key to connecting in work and life and the success that brings holistic happiness.



I recently decided to promote some discovery conversations, an activity I've enjoyed over the years.. It is always an amazing learning experience, not just because I got several sign-ups, but also because the real human interaction with those in your niche can't be reproduced elsewhere. My main objective was to hear the client's story. I feel in each case, that was accomplished. Along with the story, building rapport was important. Each client was different, of course, and my approach was personalized. To break out of more formal language, it was intense and even fun at times, with smiles coming from all sides.

This intro session aims to introduce the client to me and to coaching, and to clarify the purpose and the possibility of working together. Of course, it has to be a match on both sides. The conversations may be useful for you if you hesitate to speak when under pressure, lose your voice in important conversations, struggle to maintain equal standing with authority figures, over-adapt in order to belong, find yourself replaying interactions long after they end. If you have an interest in an online intro/discovery session for relationship/leadership (gratis) please email: barbara@drbarbaraforsuccess.com or go to my website www.from-heartache-to-heartfelt.com. A link to sign up for a session is at the newsletter as an example. It could be booked by the time this publication is live. In that case, just contact me.



YouTube



Website

Relationship and Self-Leadership Coaching

This week I made what was a bold move for myself and that was toward self-leadership coaching. For the past year I have been promoting myself as a relationship coach and that hasn't entirely changed. The difference is that I recognize my work on self-leadership. The thing is that self-leadership can be experienced on many levels from the individual to the professional to the manager and CEO and I am focusing more on the individual than the organization. Thus, I see my client pool as still very much the same. Only now I am naming the self-leadership aspect of relationships.

If you follow me on LinkedIn, then you might have seen that this weekend I posted a self-leadership topic, an announcement of my clarified role and finally an article that basically explains my philosophy of relationships and self-leadership. I hope you will stick with me for more discussion of belonging, internal continuity, authority/superiority, expectations and standards, confidence/courage/motivation, and more. To say more about the transition from relationship to self-leadership coach:

Relational Self-Leadership Coach creates a bridge between my past work and future work:

- It preserves the coaching identity I've already built.
- It signals a move toward self-leadership without abandoning relationships.
- It allows self-leadership to be understood broadly—as leadership of self, leadership in relationships.

I'm helping internationals navigate relational dynamics while maintaining authority, integrity, freedom, contribution, and recognition.

Relational Self-Leadership Coach is

Helping internationals contribute, collaborate, and lead without losing their sense of self.

Reflection for this Month Naming the Next Version of Yourself

This week I made a change in how I describe my work. It wasn't a change in who I am so much as a change in how I name what I have been doing all along.



More Reflection

Where in your own life might you already be living a role that you have not yet fully named? Take a few minutes to reflect on the following:

1. What role do other people already come to you for?

- Advice?
- Guidance?
- Problem-solving?
- Support?

- Leadership?
- Creativity?

2. What part of yourself feels larger than the label you currently use?

- Is there an aspect of your work, relationships, or contribution that is not fully reflected in how you describe yourself?

3. What keeps you attached to the old description?

- Familiarity?
- Fear of disappointing others?
- Fear of seeming too ambitious?
- Uncertainty about what comes next?

4. If you were to name the next version of yourself today, what would it be?

- Not necessarily a job title.
- Perhaps a role, responsibility, or way of showing up.

Closing Thought

Leadership often begins before we call it leadership.

Sometimes the challenge is not becoming someone new. It is recognizing who we have already become and having the courage to name it.

What is one word or phrase that better describes who you are becoming?

OFFERS

Discovery Calls. Online. (See article above for details)

SIGN UP Meetup.com (the below link is just one example for this week)

If this is booked or you don't see your desired day and time,

contact barbara@DrBarbaraforSuccess.com

[https://www.meetup.com/reinvention-and-relationships-life-transitions/events/314818072/?](https://www.meetup.com/reinvention-and-relationships-life-transitions/events/314818072/?utm_medium=referral&utm_campaign=share-btn_savedevents_share_modal&utm_source=link&utm_version=v2&member_id=337749172)

[utm_medium=referral&utm_campaign=share-](https://www.meetup.com/reinvention-and-relationships-life-transitions/events/314818072/?utm_medium=referral&utm_campaign=share-btn_savedevents_share_modal&utm_source=link&utm_version=v2&member_id=337749172)

[btn_savedevents_share_modal&utm_source=link&utm_version=v2&member_id=337749172](https://www.meetup.com/reinvention-and-relationships-life-transitions/events/314818072/?utm_medium=referral&utm_campaign=share-btn_savedevents_share_modal&utm_source=link&utm_version=v2&member_id=337749172)

Follow my writings on my other platforms where I am highly active.

www.linkedin.com/in/barbaralccicarelliphd

<https://barbaralccicarelli.substack.com/subscribe>

On LinkedIn, I primarily join comment on conversations on Growth and Wellness as well as Leadership. A recent article: "Contributing Without Losing Yourself: Identity, Recognition, and Psychological Standing."

On the Substack platform, I participate more as a short and long form writer with topics on relationships, growth and leadership. My recent articles have included:

"What is the Cost of Sentiment?"

"When Comparison Pulls You Out of Yourself"

"They Said No Pain No Gain"

"When Independence is Mistaken for Disconnection"

Stay tuned for future announcements for live events and more.

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