



FALL 2026 WEBINAR:

Tuesday, November 10th @ 7pm – 8:15pm EST

Welcome Tugce Menguc! She is an Internal Family Systems (IFS) Coach who integrates Tarot and Astrology to provide spiritual and intuitive guidance. She will be sharing her wisdom on how combining IFS with Astrology can provide a powerful lens for self-awareness, healing, and personal growth.

What if your birth chart wasn't simply a tool for prediction, but a map of your world? In this presentation, we'll explore the fascinating intersection of Internal Family Systems (IFS)

and astrology—two frameworks that help us better understand the complexity of who we are. IFS teaches that we all contain a rich inner ecosystem of "parts" that influence our thoughts, emotions, behaviors, and relationships. Astrology offers a symbolic language for understanding our innate gifts, challenges, motivations, and patterns. Together, these modalities provide a powerful lens for self-awareness, healing, and personal growth.

Participants will learn the foundational principles of IFS, including the concepts of Self, protectors, and exiles, while also exploring how planetary archetypes and birth chart placements can illuminate the parts that show up in their lives. Through examples and practical applications, we'll examine how astrology can help identify recurring patterns, foster greater compassion for ourselves, and support the cultivation of Self-leadership.

Whether you're new to one or both modalities, this presentation will offer a fresh perspective on the relationship between psychology and spirituality, providing tools to better understand your inner landscape and move through life with greater clarity, curiosity, confidence, and connection to your authentic self. *(No prior knowledge necessary – all levels welcome.)*

