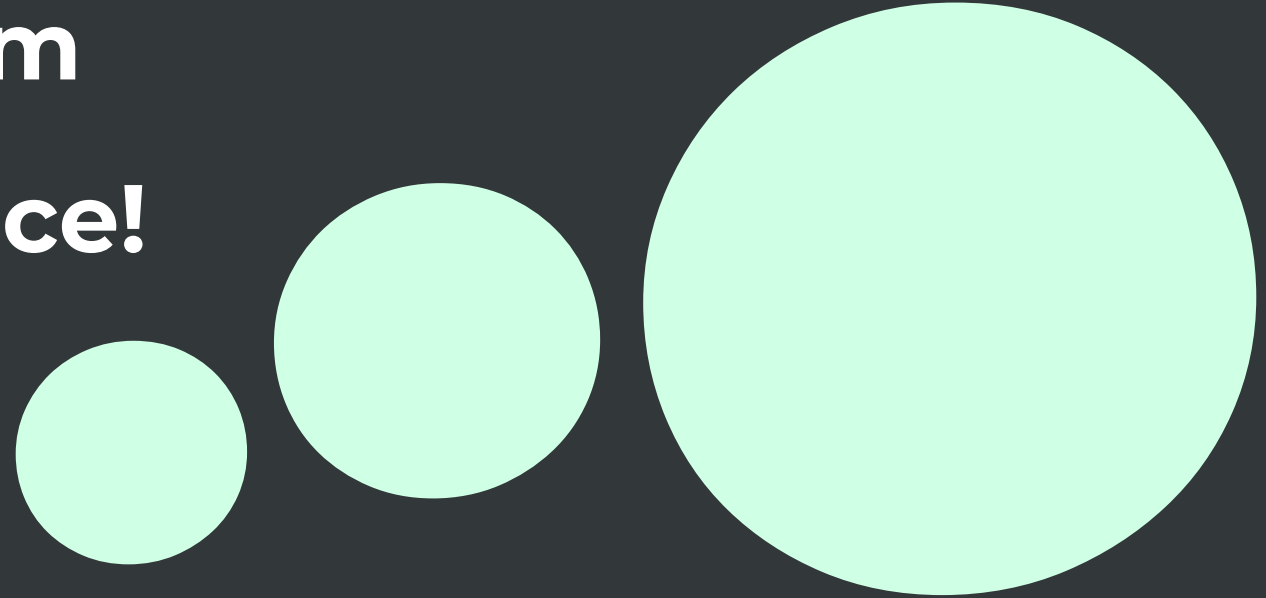


**From
Bedroom to Boardroom
It's all about Performance!**

JACKIE FUREY



Living Empowered

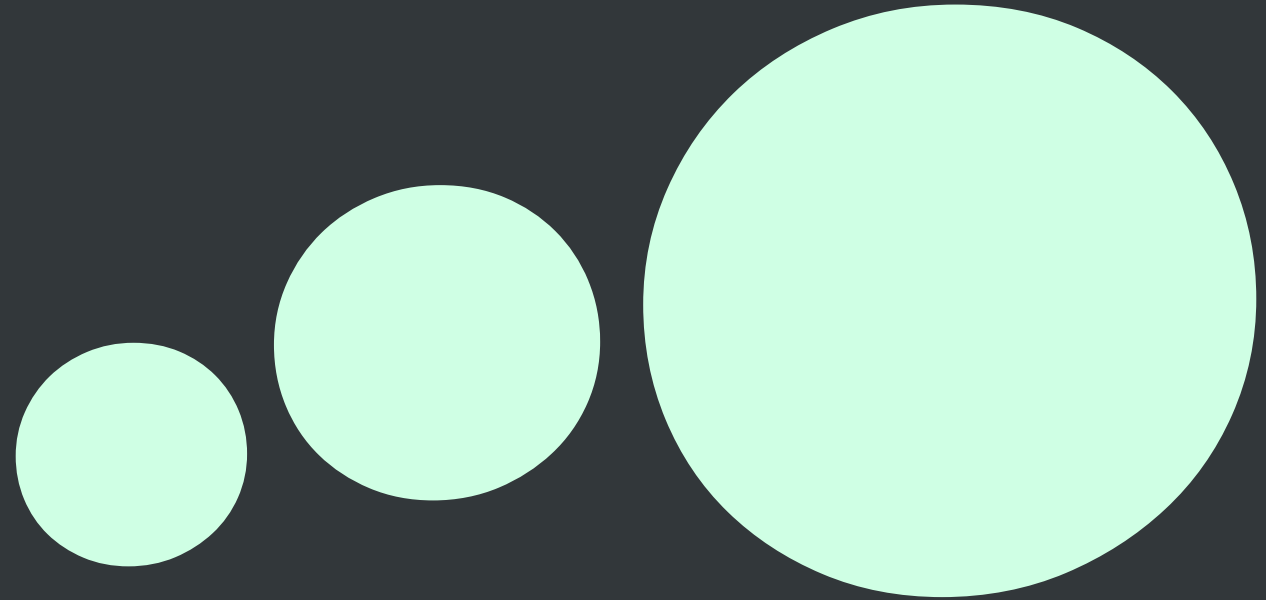
This is who I am

This is what I want

This is what I will give

This is what I will take

In order to...



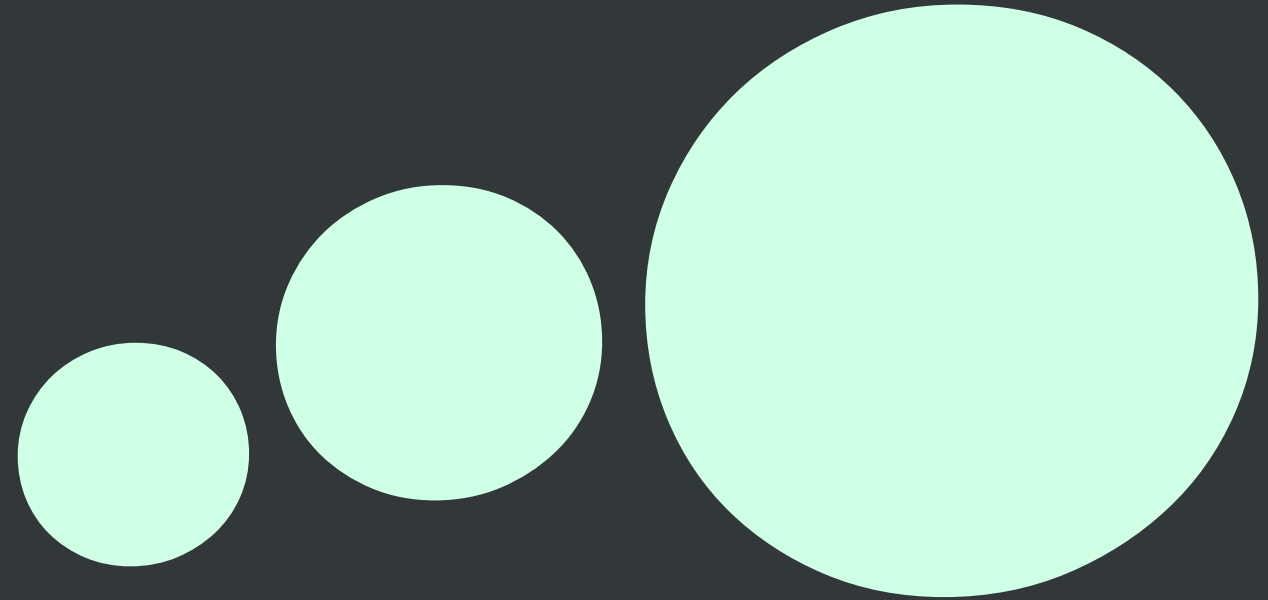
Messages

Thoughts

Feelings

Behaviours

Flow



Your First Professional Role!

First born

HERO

Second born

REBEL

Third born

ESCAPER

Fourth born

MASCOT

Only child

HERO

Starts over...

The Family's Role In Birth Order Personality Traits

Birth order research and studies show several influences shaping personality in addition to birth order. Common factors include:

- **Biological:** Children tend to inherit many traits and features from their parents. These can include intelligence, courage, and physical characteristics.
- **Social:** By interacting with others in an individual's social circle, children learn behaviors and thought patterns from their experiences, like those in the education system and beyond.
- **Cultural:** A child growing up within a culture consciously or unconsciously can adopt traits consistent with the culture's beliefs, ideas, and norms.
- **Physical Environment:** An individual's surroundings often impact the development of personality. For example, the personalities of those growing up in a rural area may differ from those living in an urban environment.
- **Situational:** As a child grows up, they face different situations, which may help them adapt and change their personality. These situations could include meeting new friends, experiencing trauma, or welcoming a new sibling.

When looking at these factors, we see family life can incorporate all of these. Since most children's lives are, at first, shaped by everything going on in the family, it makes sense that some psychologists have remained interested in [birth order theory](#) throughout the years since Adler first proposed his idea.

How Birth Order May Affect Personality

The following traits are general examples of how birth order differences and [personality](#) may be related. Of course, many other factors could impact the development of a child's personality; some of these reasons will be discussed further below.

Other Factors That May Influence Birth Order Personality

Each family is different and has unique dynamics. The subject of birth order positions alone will not determine the complexities of a person's personality. Certain circumstances or measures may impact a child's personality as children and families develop and evolve. Across different families, children of the same birth order can show diverse personality differences, especially across a large representative sample.

Blended Or Step-Families

When two parents remarry, especially when children are in their formative years, the **family of origin** often goes through a period of disorientation and competition. For example, two firstborns in the new family may search for their "place" and may compete to keep their "firstborn status."

Differences In Ages

When there is an age gap of three or more years between siblings, it is common for the birth orders to restart. In a family with many children, this could create birth order subgroups with varying birth order effects.

Health And Mental Issues

A child born with significant physical or neurodevelopmental disabilities can seem to remain in the "youngest" position regardless of birth order. It may impact the psychological birth order position of the other children.

Gender Of Siblings

Most psychological competition tends to occur between children of the same gender and similar ages. The competition, partly for **parental attention**, can start in childhood and move into young adulthood and beyond.

<https://www.betterhelp.com/advice/family/birth-order-theory-insights-into-your-personality/>

<https://www.webmd.com/parenting/what-to-know-about-birth-order>

The FLOW Factor

Feedback

Fair

Feelings

Firm

Fuel

Friendly

I Choose To

**Accept,
Respect, Trust
and Love Myself
with every breath I take...**



What is Gratitude – Its Meaning & Definition

Gratitude is an emotion similar to appreciation. The American Psychological Association (n.d.) more specifically defines this phenomenon as a sense of happiness and thankfulness in response to a fortunate happenstance or tangible gift.

Gratitude is both a state and a trait (Jans-Beken et al., 2020). Better explained, one can experience gratitude for someone or something at a certain moment in time, and someone experience gratitude more long-term as a positive character trait.

According to Dr. Robert Emmons, the feeling of gratitude involves two stages (Emmons & McCullough, 2003):

Gratitude journal

A gratitude journal involves jotting down a few things that you are thankful for and can be done daily or weekly as you so choose. Keeping a gratitude journal is a good first step toward establishing gratitude, and it will help you identify and reflect on people, things, or events for which you are thankful.

Nawa and Yamagishi's (2021) research involving university students concluded that completing a gratitude journal not only positively impacts academic motivation, it favorably influences goal-directed behavior in general.

In this study, 84 students were placed into either an active manipulation group (gratitude group) or a neutral control group. For two weeks, the active manipulation group was asked to list five things they were grateful for and evaluate various aspects of their daily lives, while the control group was only asked to do daily self-evaluations. Unsurprisingly, the gratitude group demonstrated significant enhancements in academic motivation.

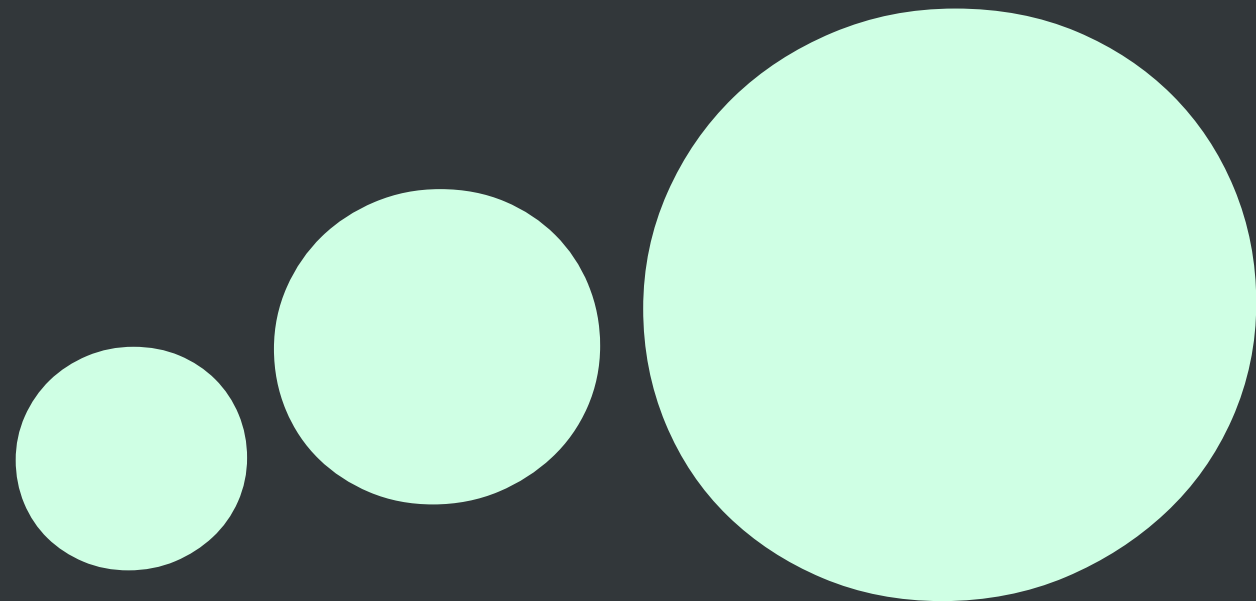
My Story

Our Story

The Story

LET'S THANK EACH OTHER MORE..

THANK YOU



Jackie Furey
Clinical Psychotherapist
M: 0414995330