



Shadow work

EXPLORE THE INNER PARTS OF YOURSELF TO **SHIFT** PATTERNS THAT NO LONGER SERVE YOU

Shadow work is a powerful experiential method for exploring your inner mental and emotional world, allowing you to rediscover hidden parts of yourself and shift patterns which no longer serve you.

It can be an intense and incredibly rewarding journey creating profound shifts in behaviour, spirit, attitude and emotional well-being. This is carried out by highly trained coaches in a slow, safe and deliberate way.

We all have a shadow and it will have come into existence to keep us safe, loved and valued in our early lives. The problem with our shadow arises when it starts to get in the way of how we want our life to be.

We can spend a lot of energy keeping things hidden in shadow and run out of energy for other areas of our life. We may find ourselves missing some of the more valuable aspects of the shadow or have aspects of our behaviour, over which we have no control; these will be found in the shadow.

It may be time to think about Shadow work when we feel stuck in a pattern, unable to be our true selves or incapable of being fully free and connected with ourselves or others.

TERMS AND CONDITIONS

- Package of 16 hours of coaching
- Hybrid delivery (virtual and face to face)