



DUALITY - GETTING OUT OF SEPARATION, HOW TO?

ALIGNING TO YOUR TRUE SELF...

I skipped May newsletter as so much as happened and was not guided to write.

A period of deep transformation for us all. Slowly harvesting what we have been working on for months, even years...

For the last couple of days **everything accelerated** and it gets more difficult to find time for ourself. Though it is very important to remember this **key for our wellbeing**.

From what I can observe amount my clients, my friends and what I perceive everyday, it seems we are getting challenged on the following topics:

- Working on our core pain and beliefs. Depending on each personality type (ei Enneagram), individuals are dare to act with new paradigms... Humm, not always that easy but your potential is infinite, remember this trait in you.
- Integrity and aligning with our true self at all time. Do you always agree with you thoughts and actions?
- Taking time to breathe and rest. In a world where everything is rushed, being patient and taking the time is a talent. Though you might be surprised to see how greater your chances are to succeed. Slowing down doesn't mean doing less...
- Connection and trusting our intuition (no more overthinking)

And PATIENCE... is most probably the key word to keep in mind this spring and until mid summer.

In this newsletter, I will answer this question that i get asked regularly when I tell my occupation: *WHAT IS QUANTUM COACHING?* You will find our special events taking place in Paris 16th and more...

With love
All-ways

Penelope Hardy

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WHAT IS QUANTUM COACHING?

Quantum Coaching combines principles from quantum physics and coaching methodologies to provide a unique approach to personal and professional development. It draws upon the concept that everything in the universe, including our thoughts, emotions, and actions, is interconnected and influenced by energy.

In quantum physics, particles at the subatomic level can exist in multiple states simultaneously until observed or measured. This notion of superposition and the idea that our intentions and focus can affect outcomes form the basis of **quantum coaching**.

In the context of coaching, **Quantum Coaching** explores the idea that our **thoughts, beliefs, and emotions** have a direct impact on our reality. It emphasises the importance of **aligning our internal state, intentions, and actions to create positive changes in our lives**.

With this method, Penelope helps **individuals and corporate** navigate their personal and professional challenges by guiding them to explore their inner world, identify limiting beliefs, and **develop new perspectives**. **It involves shifting focus from problems to possibilities, and from limitations to potential**.

Rather than solely focusing on specific goals or outcomes, **Quantum Coaching** aims to create a **holistic transformation by addressing the interconnectedness of various aspects of life**. It encourages clients to tap into **their intuition, embrace uncertainty, and leverage their energy and intentions to manifest their desired reality**.

Quantum coaching adapts to everyone, young and old, in your personal and professional life because everything is connected.



JUNE EVENTS

Recurring Events



Yin Yoga

Every Mondays
18h30-20h00
25€ Paris 16e & Zoom
inFrench & in English

Penelope's Retreats & Conferences



CHRISTIAN RICHOMME

Psychologie de la Rencontre Amoureuse



PENELOPE HARDY

&

Tuesday June 6th, 2023
19h00-21h00
Pot Luck - Bring something
Paris 16e inFrench

[REGISTER NOW >](#)



PENELOPE HARDY

Menopause - A nous les hormones



HELEN MARGARET GIOVANELLO

&

Tuesday, June 13th, 2023
19h till 20h45
15€
Paris 16e In French

[REGISTER NOW >](#)

[TO KNOW MORE & REGISTER TO OUR EVENTS](#)

EVERYTHING IS CONNECTED
OPEN YOURSELF TO NEW REALITY

NEW WORKSHOPS

INTUITION & PERFECTIONISM

I am ever grateful to my friends and clients who are challenging me in creating new teaching material every week.

In the last couple of months, the one that have been asked the most is "**Setting Boundaries**", we tend to think it is setting boundaries with other but is actually quite often with ourself that we need the most to set these.

Recently the two most workshop requested are one on "**PERFECTIONISM**" and an other one on "**INTUITION**"

Penelope Hardy



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We each have our unique vision of **perfectionism**.

There is a difference between being a **high-achiever** and being a **perfectionist**.

Your **intuition** is your best friend, it will always guide you on the path for your best interest, towards the best version of yourself. It doesn't mean the experience will always be pleasant, it means you will have the experience that will teach you the best.

CHANGING YOUR BELIEFS CREATE A NEW REALITY

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