



## WHAT IS THE SHADOW WORK?



*“ One does not become enlightened by imagining figures of light, but by making the darkness conscious. The latter procedure, however, is disagreeable and therefore not popular.”*

*Carl Jung*

The **Shadow Work** is a deep exploration of your subconscious. It is working with the conscious and unconscious mind to bring some light on what it is to be removed, transformed or transmuted. All those parts of us that we ignore or reject. It is working on un-programming what no longer serves us. To lay a solid foundation on our path for our growth towards the best version of ourself is the first step of the Shadow Work. It is a journey based on our free will and responsibilities of actions.

We always have a choice to go deeper, to take a break or even to stop.

Our SHADOWs affect our well-being, our relationships, our life...

The **Shadow Work** is about bringing consciousness and awareness on our life towards self-acceptance, self-love and compassion.

### How does our SHADOWs affect our life?

- Lack of confidence
- Self esteem
- Anxiety
- Sabotage
- Illusion
- Fears
- not limited to the above

### Benefits of SHADOW WORK on our life?

- Gain more confidence and self-esteem
- Better relationships
- Self-Love
- Peace of mind
- Finding truth within
- Discovering new talents
- A better clarity on what is...
- not limited to the above



# SHADOW WORK PROGRAMS

## A PATH TOWARDS YOURSELF

*“When you bring consciousness on your magic and your dark side, you can discover your true self.”*

*Penelope Hardy*

### A COMMITMENT WITH YOURSELF:

Meeting Twice a month for 3 to 6 months.

Each session lasts 1h30, 2h or 3h for going into deep SHADOW time.

### TOPIC TO BE ADDRESSED;

Topic to be chosen together a week or up to 48 hours before the session depending on the priority.

Choose from a variety of focus topics (Life Mission, Achieving a Goal, Personal Relationships, Perfectionism, Trust, Harmonised and Balanced relationship, Anxiety, Fear, Healing Past Wounds, PTSD, etc..)

### HOW DOES IT WORK?

- You choose your program and commit to it
- An empowerment plan will be looked at prior to the first session
- Homework will be given between sessions.
- Video calls or in person sessions
- Enjoy online access to our coaching platform, giving you instant and easy access to your coaching notes, plans and journal.
- 10% off additional sessions
- Shared files access (3 or 6 months membership included)



### FEES OPTIONS:

1h30 + 1h	2x 1h30	2x2h	2x3h or 3x2h
333	444*	555*	777

\* One additional 10 to 20 minutes call between sessions

### PROGRAM POLICIES:

- Sessions can be moved to the following month if needed
- Sessions canceled less than 24h prior the sessions are due.
- An extension can be accepted over 6 weeks after the program ended ei each session that haven't been used will be transferred to this period\*
- After the end of the period\* no refund will be made.
- If at anytime, you choose to cancel the program, 50% of the fees will be refunded or you can use it as a gift for someone of your choice.
- Fees are payable at the beginning of each month

\* Period: 6 additional weeks



# SHADOW WORK AGREEMENT

## BETWEEN:

A WISH LINK  
23 rue Desbordes Valmore  
75116 Paris – FRANCE

SIRET 823 547 179 00015

Email: [coaching@awishlink.com](mailto:coaching@awishlink.com)

Represented by: **Penelope HARDY**

Mobile: +33619961392

## AND:

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Email: \_\_\_\_\_

Mobile: \_\_\_\_\_  
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## FEES OPTIONS:

Circle the options of your choice.

1h30 + 1h	2x 1h30	2x2h	2x3h or 3x2h
333	444*	555*	777

\* One additional 10 to 20 minutes call between sessions

## DURATION:

3 Months Program

or

6 Months Program

DATE: \_\_\_\_\_

## SIGNATURE:

PENELOPE HARDY

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## SIGNATURE:

FIRST & LAST NAME:

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