

### NAVIGATE THROUGH LIFE

### DISCOVERING YOUR TRUE SELF



"To discover your true self, you must bring awareness on your magic and your dark side."

Penelope Hardy

### ONE & ONE SESSION (5 HOURS PROGRAM)

Embark on a transformative odyssey—the "Discovering Your True Self" program, meticulously curated for those seeking a harmonious blend of personal fulfillment and professional excellence.

In this 6-week immersive experience, discover the keys to unlocking your **highest potential** and crafting a life brimming with purpose and authenticity.

**Session 1**: Illuminating Self-Discovery (Recommended 1h30-2h)

Embark on your journey with the illuminating **Enneagram** Type Test. Unveil the facets of your personality, gaining insights into your strengths, weaknesses, and uncharted possibilities—setting the stage for your profound transformation.

**Session 2**: Crafting Your Unique Path (Customisable)

Together, we'll delve into core themes central to your personal and professional growth—choosing from an array of topics such as defining your life mission, nurturing relationships, healing past wounds, or refining strategies to achieve your aspirations. Setting a course towards achieving your goals.

**Session 3**: Nurturing Your Evolution (Customisable)

Explore diverse facets essential for holistic fulfilment—navigate through past traumas, harness the **Enneagram** for personal evolution, and equip yourself with strategies to unleash the fullest version of yourself in all aspects of life.

<sup>\*</sup>Duration 6 weeks

 $<sup>\</sup>ensuremath{^{**}}\xspace$  or a classic session if you know your enneagram type and have been tested.

<sup>\*\*\*</sup> Price of the "Discover YOU" program - 777 euros - Payable before the start of the program.



Your Journey, Your Pace, Your Holistic Transformation: Tailor your sessions duration according to your lifestyle and preferences. Whether opting for two 2 hour segments or more individual sessions. This flexibility ensures an immersive experience that seamlessly integrates into your personal and professional commitments.

**Unlocking Your Potential: A Tailored Approach:** A Holistic Approach Discovering your shadow areas isn't just about recognizing limitations—it's about unlocking the door to your fullest potential, fostering authenticity, creativity, and cultivating a rich and fulfilling life.

**Embrace Your Transformation:** Experience a profound shift in perspective—gain insights, dissolve barriers, and receive practical tools to navigate life's complexities with clarity, purpose, and an unwavering sense of authenticity.

**Architect of Your Fulfilment:** Embrace sovereignty over your life—liberate yourself from self-imposed limitations, unlock your inherent potential, and pave the way towards a life that resonates deeply with your true essence.

Join us on this integrative journey, where personal and professional aspirations converge to create a life of fulfilment and purpose.

Dare to embark on this transformative voyage towards your most authentic and fulfilling self!



**BETWEEN:** 



# CONTRACT

A WISH LINK 23 rue Desbordes Valmore 75116 Paris – FRANCE  Represented by: <i>Penelope HARDY</i>		SIRET 823 547 179 00015  Email: coaching@awishlink.com  Mobile: +33619961392		
AND:				
		Email: Mobile:		
FEES: 777 €				
Tick your choice.  2x 2h + 1h	3x 1h30 + 30'	5 fois 1h	<b>LENGHT:</b> 6 Weeks	$\otimes$
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DATE:				
SIGNATURE:		SIGNATURE:		
PENELOPE HARDY		FIRST NAME & NAME:		
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#### PROGRAM POLICIES:

- Sessions must be booked within 6 weeks from the first session.
- Sessions cancelled less than 24 hours before the session date are subject to full payment.
- No refunds will be issued after the end of the period\*.
- If you choose to cancel the program at any time, 30% of the remaining fees will be refunded.
- Fees are due at the first session.
- Sessions are not medical consultations; we strongly advise you to always refer to your physician.



## WHAT IS THE ENNEAGRAM?



THE ENNEAGRAM IS A POWERFUL TOOL FOR PERSONAL AND COLLECTIVE TRANSFORMATION.

THE **ENNEAGRAM SYSTEM** NINE IS OF **PERSONALITY TYPES** COMBINING **TRADITIONAL** WISDOM AND MODERN PSYCHOLOGY. IT POWERFUL FOR UNDERSTANDING TOOL OURSELVES AND THE PEOPLE IN OUR LIVES - WITH THREE MAJOR APPLICATIONS:

- Personal, intellectual and spiritual growth
- Successful relationships at home and at work
- Development of leadership, team building and communication skills for business
- A clear visualization of the limits we place on ourselves.

Each Enneagram type has a different pattern of thinking, feeling and acting that stems from a deeper inner motivation or worldview.

Working with the Enneagram is an "inside job" that starts with determining your own type, and then exploring deeper personal and/or professional development. Extraordinarily accurate, the Enneagram also helps you create healthier relationships and provides you with tools to resolve conflicts.

Determining one's personality type through the Enneagram does not put us in a box, but helps us see the box from which we experience the world. With this awareness, we can step outside our limited perspective. By uncovering these unconscious patterns, we can live a more fulfilling life, have healthier relationships and connect to our true essence.

Penelope's training: Russ Hudson: The Higher Mind of Enneagram & Enneateach with Dorothée Nicolas, Riso-Hudson Certified Enneagram Teacher. Reference: The Wisdom of the Enneagram