

# Shadow Work Coaching

## Program overview

Unlock Your True Self Dive deep and reclaim the parts of you lost in childhood. Through shadow work and inner child healing, you'll uncover hidden aspects of your psyche and learn to live your most empowered, authentic life.

**Discover the "Why" Behind Your Triggers** Find out why certain people, places, and situations stir strong emotional responses. Explore and resolve reactivity and projections that keep you stuck, freeing yourself from old patterns and stepping into wholeness.

Rooted in Carl Jung's Teachings Shadow work is based on the insights of Carl Jung, who believed we all have shadow parts—the aspects of ourselves we suppress or reject. By bringing these hidden pieces to light, you gain clarity, healing, and personal power. Let Sarah guide you on this profound journey to reclaim your lost parts and embrace your true self.

## Choose Your Healing Path

- **Ongoing Monthly Subscription:** Continuous support and deep exploration at your own pace.
- **6 to 12-Week Intensive Program:** A focused, immersive experience for deep healing and transformation.

**Ready to Reclaim Your Power?** Take the first step toward living in your authentic truth. Let Sarah guide you through the depths and help you reclaim your wholeness.