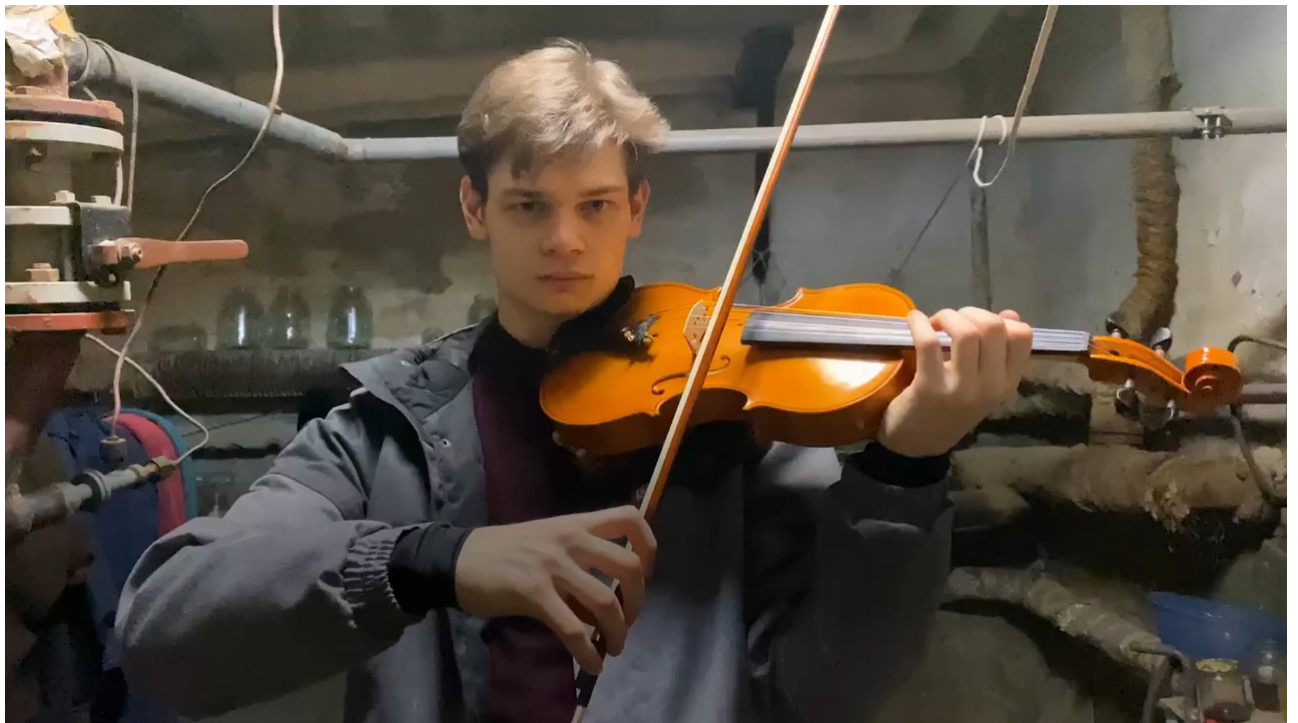




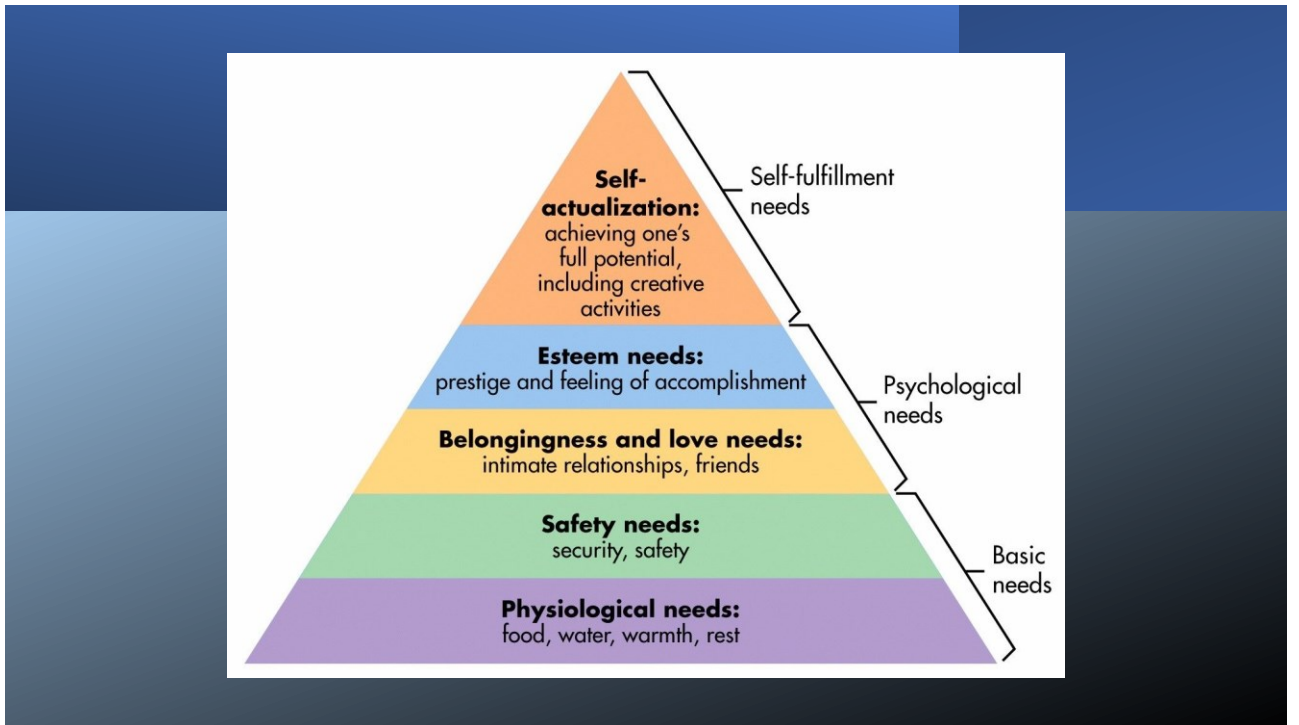
1



2



3



4

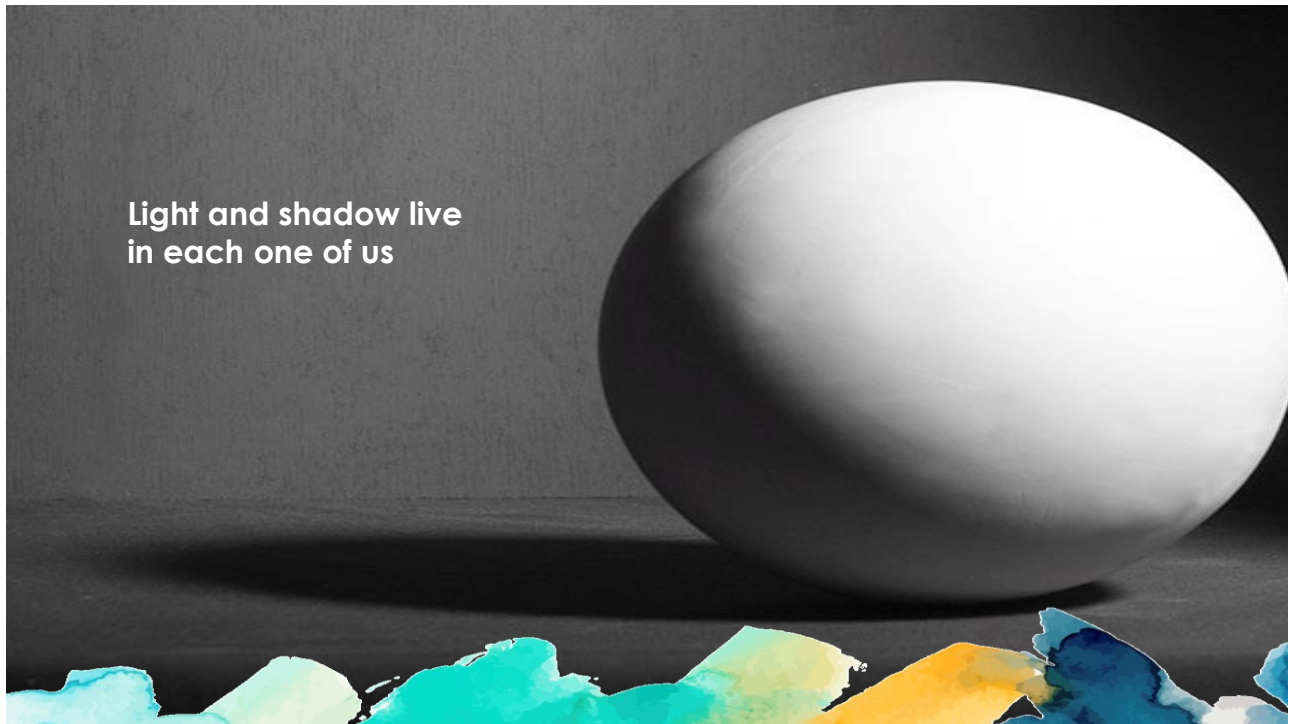


5

3 steps to reconnect with our inner base, to build resilience

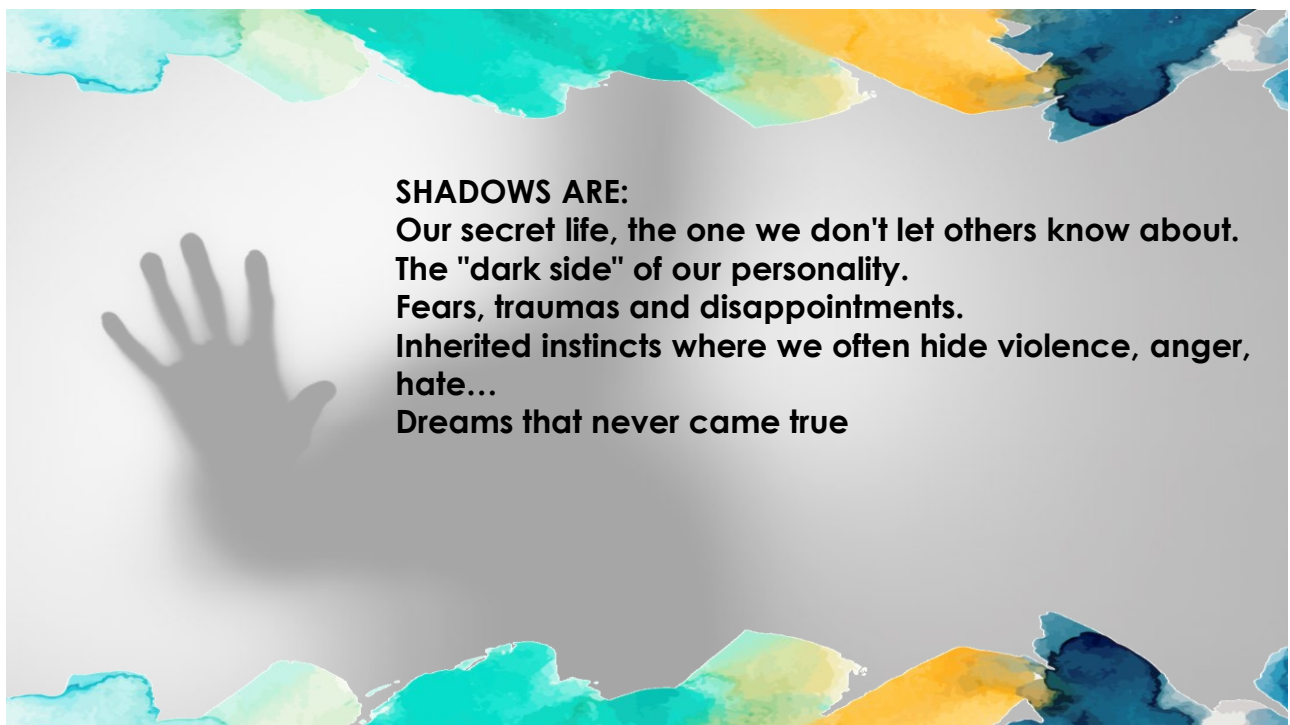


6



Light and shadow live
in each one of us

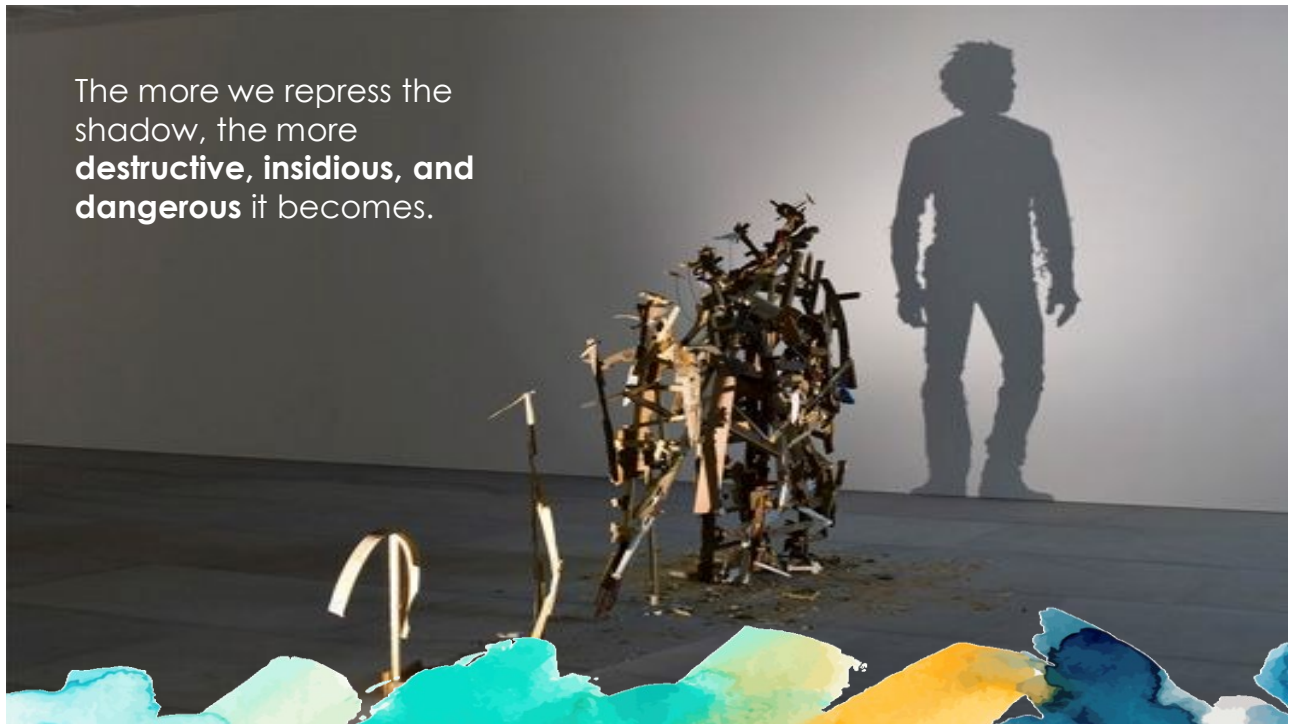
7



SHADOWS ARE:

**Our secret life, the one we don't let others know about.
The "dark side" of our personality.
Fears, traumas and disappointments.
Inherited instincts where we often hide violence, anger, hate...
Dreams that never came true**

8



9

3 steps to reconnect with our inner base, to build resilience

Express what's inside of me

- Fears
- Anger
- Guilt/shame
- ...

Enhance my presence to myself

- Partnering with my shadows
- Self-care
- Support
- Self-love

Enhance my presence to others

- Maintain connections
- Find meaning

10

Reconnect with our inner base, to build resilience



Coaching Up University
With Jean-Francois Cousin, MCC