

ICF Listing – Meeting the Shadow Retreat

CCEUs: 2.25 core competencies; 4.5 resource development

NOTE: Registration is limited to 15 participants

MEETING THE SHADOW RETREAT

Starts 5p ET on Friday, May 3rd and ends at 1p ET on Sunday, May 5th

Registration closes on April 7th

PROGRAM DESCRIPTION:

Ever find yourself triggered by your clients, your family members, or events that are taking place in the world? Or maybe you say to yourself, I could never be like that. In the world of shadow work and integrative coaching, the events and people who cause you to react highlight aspects of yourself that you have not fully integrated.

In this weekend retreat, held at Bend of Ivy near Asheville, North Carolina, you will learn key elements of shadow work, look at how your story and beliefs might be holding you back, and uncover and integrate the positive qualities to support you in living a more expressed version of yourself.

More specifically, you will:

- Begin to understand what the shadow is and how it can affect almost every aspect of your life.
- Break out of your limiting beliefs and see yourself from another, more powerful perspective.
- Gain the ability to identify your story and the limiting beliefs that it holds.
- Learn how to step outside of that story and reclaim your ability to choose who and what you can be.
- Discover your unique recipe and unveil the secret hidden in your personal drama.
- Gain the support you need to live your best life and deliver your greatest contribution to the world.
- Experience guided somatic work in a safe and supportive environment to deepen the transformation.
- Connect to your family lineage and weave their support into the foundation of your life.

Additional details and registration - <https://systemsofchange.com/meeting-the-shadow-retreat/>

About the Co-Hosts:



Mindy Schrager

I'm an ICF PCC credentialed coach, Integrative Coach, and Systemic Facilitator with a passion for transformational work. I began my corporate career with a commitment to building strong, well-balanced teams driving change and process improvement. As I embarked on my own personal change journey, one step was to attend Debbie Ford's life-changing Shadow Process workshop, which then led to my becoming an Integrative Coach. My experience and transformational training have been focused on creating positive change in life and business experiences (i.e., shadow, family DNA) for myself and my clients. I love to shine the light on hidden patterns and the root cause of dysfunction and then help you create new pathways to growth.



Marianne Scippa

My work at Scippa and Associates is centered on helping partnerships, organizations, and communities thrive. Clients look to me for professional and personal development as a leader, consultant, facilitator, and coach. My work impacts leaders and teams who are committed to creating cultures of health for their staff and within their organizations. I hold a Master of Science in Psychology (MS) and a Master of Human Service Administration (MHSA). I'm also a certified coach, systemics facilitator, RPE Polarity Educator and Therapist. I employ MBTI, DiSC, EQi and Tetra Map instruments as tools to create organizational alignment.

LOCATION: Bend of Ivy near Asheville, North Carolina

REGISTRATION FEES: \$1495 including 2 day in-person transformational experience including overnight accommodations and meals