

# Discover Your Shadow

## 6-Month Packages

*Information Sheet*

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### About the packages

Sometimes we find ourselves repeating the same patterns, feeling stuck in ways we can't quite explain, or reacting to situations in ways that surprise even us. Shadow work is a way of exploring the parts of yourself that lie beneath the surface — the feelings, memories, and aspects of who you are that you may have pushed aside, often without realising it.

Working one-to-one with a practitioner over six months gives you the time and space to explore these parts of yourself properly. This isn't something that can be rushed. Real change happens gradually, as you come to understand yourself more deeply and begin to feel more at ease with who you are — all of who you are.

Each package is structured around a rhythm of longer and shorter sessions across the six months. The longer sessions (five hours) are where the deeper exploration happens. The shorter sessions (two hours) are where that work is revisited, consolidated and built upon — so that nothing gets lost and the process keeps moving forward.

Sessions are available online via Zoom, or in person in Warwickshire and the Midlands. Fees are on a sliding scale of £80–£160 per hour, so you choose the rate that honestly reflects your current circumstances. Concessionary rates are available for those on low incomes — please get in touch to discuss.

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### Option 1 — Discovery

*The starting point*

This package is for anyone who is curious about Shadow Work but has never done it before — or who has only just begun. You don't need any prior experience. You don't need to know what you're looking for. All that's needed is a willingness to show up and see what's there.

The Discovery package follows a gentle alternating rhythm across the six months. In months one, three and five you meet for a longer five-hour session — giving you the time and depth to really explore. In months two, four and six you meet for a two-hour session, which gives you the chance to process what has surfaced, revisit anything that has come up in between, and settle into the work before the next deeper dive.

Over the course of six months you will gradually get to know yourself in a new way. You will begin to understand why you feel the way you feel, why certain situations affect you more than others, and why some patterns in your life keep repeating. Rather than analysing these things from a distance, you will be gently guided to meet them directly — in a safe, supportive space where nothing is judged.

By the end of the six months, you will have a much clearer picture of your inner world and will have taken the first real steps towards feeling more at home in yourself.

## Discovery Session structure

- Months 1, 3 and 5 — one 5-hour session each
- Months 2, 4 and 6 — one 2-hour session each
- Total: 21 hours of session time across six months (£280 monthly payments for six months)

*Best for: complete beginners, or anyone who wants to explore what this work is about with plenty of space between sessions to integrate.*

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## Option 2 — In Depth

*Going further*

This package is for people who feel ready to go deeper and want more support across the six months. Perhaps you have already done some therapy or personal development work and feel you want something more. Or perhaps you are new to this kind of work but sense that something significant is asking to be looked at — and you want to give it the time and attention it deserves.

In the In Depth package, the busier months become fuller. In months one, three and five you have both a five-hour session and a two-hour session — giving you a deeper exploration and a dedicated space to follow it up within the same month. In months two, four and six you continue with a two-hour session, maintaining steady contact with the work throughout.

With more time in the room across the six months, you have the opportunity to explore more fully, follow things through, and begin to see real shifts in how you feel and how you live. This is where patterns that have been running your life start to loosen. Where feelings that have been buried start to be heard. Where the work begins to make a difference not just in the session room, but in your day-to-day life.

### In Depth Session structure

- Months 1, 3 and 5 — one 5-hour session and one 2-hour session each
- Months 2, 4 and 6 — one 2-hour session each
- Total: 27 hours of session time across six months (£360 monthly payments for six months)

*Best for: those ready for more than a gentle introduction, or those who have completed the Discovery package and want to continue with greater depth and frequency.*

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## Option 3 — Intensive

*Full commitment to change*

This package is for people who are ready to make this work a real priority in their lives. You may have been carrying something difficult for a long time. You may have tried other approaches and felt they didn't quite reach what needed to be reached. Or you may simply know that you are ready for something to genuinely change — and you want the full support to make that happen.

The Intensive follows the same full structure every single month across the six months — a five-hour session and a two-hour session, without a break in the rhythm. This means the work never loses momentum. There is always a longer session to go deep, and a follow-up session within the same month to process, consolidate and continue. Nothing gets left hanging. Nothing gets forgotten.

This level of consistency often produces the deepest and most lasting change. People come out the other side feeling fundamentally different — not because their lives look different on the outside, but because something has genuinely shifted in how they experience themselves from the inside.

### Intensive Session structure

- Every month (1 through 6) — one 5-hour session and one 2-hour session
- Total: 42 hours of session time across six months (£560 monthly payments for six months)

*Best for: those ready to make real change a priority, or anyone carrying long-standing difficulties they are ready to address with the highest level of consistent support.*

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### Not sure where to start?

That is completely normal — and it is exactly what the free discovery call is for. It is a relaxed, no-obligation conversation where you can ask any questions, share a little of what is bringing you here, and get a sense of which package might be the right fit.

There is no commitment required. Just a conversation. Book your free 20-minute call [here](#)

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