

# Kristan Sargeant and Barry Michels - Discover Your Shadow

## You will learn:

- A comprehensive definition of the Shadow
- Guided exercises in how to visualize it
- How to build a relationship with it
- What to do when it takes over
- How to enlist it to help you set boundaries

There is also plenty of one-on-one work with participants. Barry and Kristan dive deep into the intricacies of how the Shadow shows up in their lives and how to befriend it. This kind of work is invaluable to witness, as the more you see how the Shadow operates in others, the more likely you are to be able to identify it easily in yourself.

The bundle includes 3 webinars that were originally offered in 2020:

- Part 1: The Shadow as Liberator (3 hours)
- Part 2: Working With Your Shadow (2 hours)
- Part 3: Deep Dive (2 hours)

Barry Michels is coauthor of *The Tools*, a New York Times bestseller, and its sequel, *Coming Alive*. He has been in private practice as a psychotherapist since 1986. Kristan Sargeant is a coach and therapist committed to helping individuals and organizations realize their full potential.