



Hello <<First Name>>,

**Welcome to our Monthly
Shadow Work Solutions
Newsletter!**



COMING SOON! *Frog and Scorpion in the Boardroom*

At Shadow Work Solutions, I aim to help you to know yourself more deeply. How can you do this? By recognising the unconscious parts of you through symbolic stories and images. Why do I use this approach? Because using empirical stories and images means you are also in a position to help others (and avoid potential litigation issues) by using evidence-based resources grounded in research.

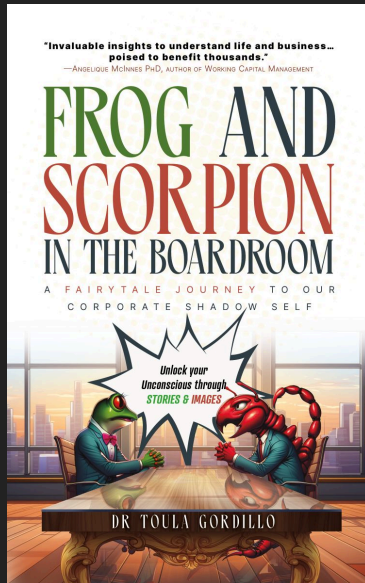
Soon, I will be offering workshops and training in Story Image Therapy (SIT®) Shadow Work. These courses are for shadow work practitioners, coaches, counsellors and other individuals interested in holistic health, personal and professional development. You can also learn how to become a qualified Story Image Therapist* (*conditions apply).

In the SIT workshops and training course, you will learn:

- What is your (or your clients') unconscious shadow self?
- How you can know more about yourself using stories and images?
- How does your unconscious play a role in your everyday conscious life?

- And much more...

A key component in SIT Shadow Work™ is my soon-to-be-published third book, *Frog and Scorpion in the Boardroom*. This book, and its accompanying *Boardroom Shadow Work Workbook*, helps you to reveal your 'frog' and 'scorpion' shadow motivation and behavior.



Frog and Scorpion in the Boardroom is a modern-day corporate fairytale based on an ancient Scorpion and Frog fable. It takes about an hour to read, but its wisdom can last a lifetime!

The story highlights the seven keys to resilience used in SIT, as well as the Caring Continuum and Use Your Connections to find the 80/20 Balance. When used as bibliotherapy (book therapy) and writing therapy in SIT, this little book can help you (or your clients) to cope with any high stress or conflict situation. It is particularly helpful to understand office politics, personality differences, and conflict resolution in a corporate or business environment.

If you would like to know more about how to integrate your inner 'frog' and 'scorpion' shadow in life, work or business, you are welcome to visit my Shadow Work Solutions website: www.shadowworksolutions.com for more information.

Yours in peace and gratitude,

Dr Toula

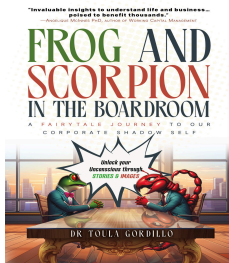
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Shadows of Sylvaheim audiobook

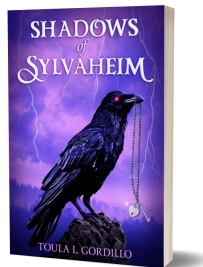
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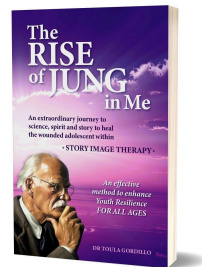
Frog and Scorpion in the Boardroom book

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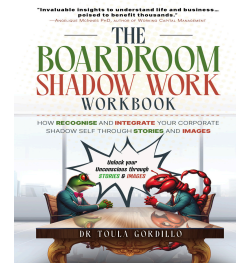
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The Rise of Jung in Me book

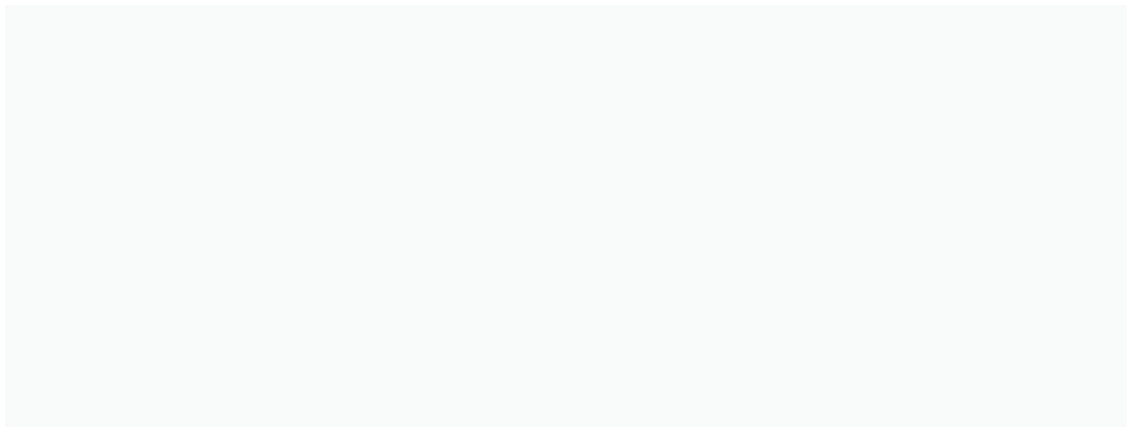
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Boardroom Shadow Work Workbook.

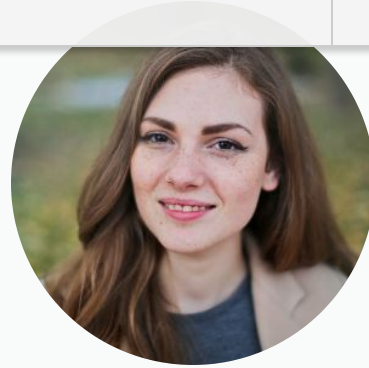
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Testimonials



Dr Toulas's SW Solutions workshop has helped me to learn more about me. I see the importance of the seven keys to resilience, the Caring Continuum and using my Connections to reduce anxiety and get along better with staff.

-Andrea Piacquadio



Bringing my shadow self to light through Dr Toulas's resource materials has been the best investment I've made. I can now recognize my triggers, know why I rejected parts of myself in my childhood and teenage years, and understand how it's affected my life and business as an adult.

-Christina Morillo

Blog Post

Keep up to date! Follow Dr Toulas's Shadow Work Solutions Blog



Contact Us

info@shadowworksolutions.com



Our mailing address is:

Glenview Gardens Function Centre

17 Glenview Road

Glenview Qld 4553

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