

Why self-inquiry?

The price of living your life in an unconscious way is very high. You end up repeating the same patterns and facing the same challenges (you can't escape yourself!) wherever you go. It is not until you stop and start to make questions and listen to your inner guidance that you will find love and true prosperity. On the way you will also find your shadow and your suffering, and they need to be integrated and healed so you finally can be whole. Accepting that you are both the light and the shadow is the key to liberation. You will relax, trust the creative flow of life and enjoy your deep, fulfilling relationships and your work.

Client feedback:

" Thank you Harriet for helping me understand the value of what gives us strength. I could never be this well and happy, strong and confident if you had not helped me find me. What you did lasts a lifetime. Stepping in and guiding me to the right direction when I was unable to find my way alone. These are great gifts of life that come when you are capable of accepting them. You helped find the core of my true self to understand what I really want in life and what empowers me. I got courage and power to honoring my own values and beliefs."
"Satu, June 2016"

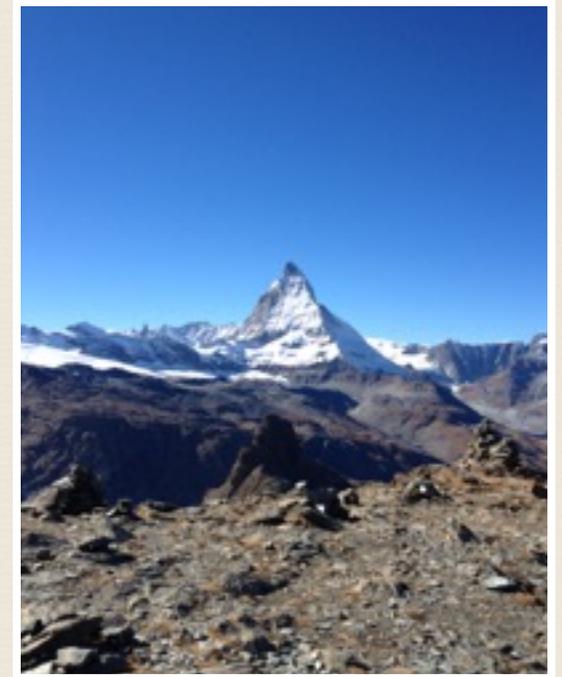


AT YOUR SERVICE

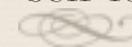
Harriet Fagerholm (co-creative guide and mentor, facilitator in emotional dynamics, empowerment and Co-creative Process Inquiry) provides a space for self-discovery and - healing. You connect with your inner wise leader and you find trust in your own purpose and path with her loving guidance. She invites you to a powerful journey consisting of personal guidance and a workbook Letters to Myself with Love, which helps you transform your self-leadership and your work to be more authentic, inspiring and creative. She has worked with leaders, artists and professionals. Before starting her business in 2008 she educated young adults for 13 years.

HARRIET FAGERHOLM
Kasarmikatu 34 B 12, 00130 Helsinki, Finland
+358 40 5638980
harriet@intune.fi
www.intune.fi

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SELF - COMPASSION AND LOVE

Self-knowledge and - love will open doors for you in your intimate relationship, family life, groups, at work, in leadership and in experiencing happiness. Self-inquiry is the most important work you can do, for yourself and others. The key to your dreams and heart's desires is within you.



1 UNDERSTAND YOUR TRUE NATURE

Learn to identify your challenges and what you really want. Listening to your spirit and soul (your true self) will provide the solutions. You are valuable as you are and life is offering you lessons for growth and expansion. YOU ARE LOVE. YOU ARE LOVED.

2 RE-PROGRAM YOUR MINDSET

You are not alone and isolated (ego-thinking) but an important part of the whole with a unique creative genius and truth to be shared. You are creating your reality with your thoughts and beliefs. BE TRUE TO YOURSELF. Dare to see and accept your struggles, sensitivity and vulnerability. They are your assets.



3 EMOTIONAL WORK AND LIBERATION

Facing emotional pain develops compassion, sharing emotional talk opens up the field of limitless possibilities and the healing power of here and now. You open up to real authenticity in your encounters. You master your emotions.

4 PRACTICE A NEW WAY OF BEING AND DOING

When you live from your true nature and in tune with your soul, you use your free will to create your life and work listening to your true needs. You express yourself in an authentic way and you create healthy borders to honor what is meaningful and valuable for you. This is how we create a new, sustainable culture.

