



# WHOLE PERSON INTELLIGENCE™

**CONNECT TO YOUR WHOLE SELF  
BY INCREASING AWARENESS OF YOUR FIVE INTELLIGENCE CENTRES.**

## TARGET AUDIENCE:

- Leaders
- Coaches
- Facilitators
- Individual Contributors

## COURSE TIME:

8 hours

## DELIVERY OPTIONS:

Instructor-Led and Blended

## DELIVERY METHOD:

In-person and/or virtual

## PAIRS WELL WITH:

- 4-SELF Formula™
- CLEAR Presence™
- CLEAR Essence™
- Situational Leadership® Essentials
- CREATE CLEAR Change™ Level 1 Coaching Program

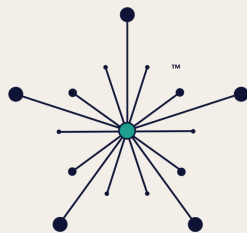
We consciously and unconsciously gather data about our internal and external world through the layers of self—spiritual, mental, emotional, physical, and social—in other words, our Whole Person intelligence™ (WPI™). Recognizing each of these intelligences informs and supports self-authorship.

ShadowLight's WPI™ program invites us to explore the truth of who we are by defining the internal and external aspects of life that matter to us most. Bringing awareness to all parts of self generates insight, creates meaning, supports decision making, and empowers action.

Learners will begin the journey of more fully understanding who they are, what makes them unique and how to translate that into action in everyday lived experience.

## BY THE END OF THIS PROGRAM, PARTICIPANTS WILL BE ABLE TO:

- Recognize that individuals are complex beings with multiple facets.
- Understand and cultivate intelligence in a holistic manner.
- Access™ and trust intuition and gut feelings.
- Develop a sense of purpose, meaning, and connection to something greater than oneself.
- Recognize, understand, manage, and effectively engage with one's own emotions in order to foster self-authored expression.
- Increase awareness of one's body and recognize the connection between physical health overall well-being.
- Establish healthy boundaries, understand the interconnected nature of self with others, and navigate one's unique social landscape.



Whole Person intelligence™ describes the five intelligence centres (spiritual, mental, emotional, physical, and social) that gather data about the world within an around an individual.

**REFLECT. CONNECT. TRANSFORM.**

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