

Unlock 3 hidden forces to massively grow your leadership
impact in Business and Life, while consciously designing a
lifestyle that provides freedom, flexibility and peace.

Unlock Your Success Shadow

2 BONUS CHAPTERS

I R E N E R I A D



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Unlock Your Success Shadow



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Download the **FULL FREE eBook** with the **3 core shadows** listed below, through this **link**:

[FREE eBook - Unlock Your Success Shadows](#)

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1. THE MIRAGE OF SUCCESS
2. UNVEIL YOUR HIDDEN LIGHT
3. [Shadow #1](#) THE POWER SHADOW
4. [Shadow #2](#) THE PAIN SHADOW
5. [Shadow #3](#) THE JOY SHADOW
6. RECLAIM INNER POWER

INTRODUCTION

“To live a life of awareness asks a lot of us - it asks that we know ourselves, know our feelings, and know our hearts.”

If you're a high performer, an entrepreneur or business owner, a hidden force can make you believe success is outside of yourself... and that you have to “get” or “obtain” something from the external world first, before you can really thrive. This is actually not true.

Your inner success is what directs your outer success.

If you are at your corporate pinnacle or you have mastered the art of business yet success seems still not achieved, you have most likely

ignored or overpowered your inner success. You would know this when financial success and incredible achievements mark your journey, yet a lingering unease persists. Despite the admiration you receive and the confidence you project, there's a quiet voice inside questioning if you are truly enough. The pressure and responsibility of taking your role or business to the next level can feel overwhelming.

Your success has indeed brought good times, but you sense that a vital part of yourself may have been lost in the process. You long for

sustainable joy and peace with success - an approach that fosters creativity, well-being, and whole-body intelligence. You crave a way of thinking and being that aligns with your sense of purpose. You are most likely seeking a soulful and meaningful path to lead your team or run your business.

There is a paradigm shift you are seeking. A shift in consciousness.

Perhaps the energy that once fueled your ambitions is dwindling after years of relentless hustle and grind. More money no longer holds the answer, and the pursuit of further success only seems to bring more stress. Neglecting crucial aspects of your life - your relationships, health, and personal passions - has taken a toll. The time once dedicated to these areas has been sacrificed, and you find yourself questioning if the price of success is truly worth it.

This moment of discomfort is an invitation from your deepest self - a chance to save the parts of you that have been overshadowed. Imagine reaching even higher levels of success with less anxiety, greater clarity, and more meaningful connections in your relationships. Picture leading from a new reality with inner alignment of mind-body- soul that feels both freeing, inspiring, and wealthy.

Every discomfort you're feeling isn't just a call for change, but also a signal of something you might be overlooking – a hidden force. A hidden force is something in your unconscious awareness that causes you NOT to see something. A hidden force can make you believe that success lies outside of yourself - that you must “get” or “obtain” something from the external world before you can truly thrive. This belief is misleading. The truth is, you have the innate ability to create the fulfilling success you want from upleveling your conscious awareness - your inner self.

Your current feelings of overwhelm or anxiety are signals - red alert lights - indicating it's time to evolve. Challenges, obstacles, and conflicts are opportunities to reclaim the energy you've neglected, enabling you to operate at a higher level of consciousness across all areas of your life. There is a deeper intelligence within you - your true nature.

To access your true nature, you must first uncover the hidden forces creating your overwhelm and exhaustion. By reclaiming this neglected energy, you can develop a self-concept that transcends your Persona. This transformation allows you to operate as a leader with the capacity to grow and thrive, one who acts authentically from the truth of who you are, with boundless energy and possibilities - in harmony with your internal wealth.

In the following pages, you'll be introduced to an innovative thought that will help you uncover your true personality. Beneath the surface of your conscious mind lies a vast reserve of untapped energy and creativity, waiting to be unleashed. By stepping into this true identity, you'll no longer react to life; instead, you'll consciously create it. Master this new paradigm of becoming to achieve exceptional results.

By the conclusion of this eBook, you'll understand how you arrived at this point in your life, free yourself from success hidden forces, and step into a greater, more expansive expression of your true self.

SHADOW #4:

THE CULTURE SHADOW

Values and Beliefs

In every culture, there are invisible forces, deeply rooted in history, religion, and social norms, that shape our understanding of success. These forces, often referred to as the "Culture Shadow," can either support or block our growth, depending on how we navigate them. Drawing from Jungian psychology and Spiritual wisdom, we can explore how these hidden forces impact our journey.

The Culture Shadow: Hidden Blockages

The Culture Shadow represents the unacknowledged aspects of our collective identity. These are the beliefs, practices, and values that have been passed down through generations, often without question. They manifest in the way we define success, the roles we assign to men and women, and the opportunities we perceive as available or forbidden.

For instance, in many Eastern, African, and Middle Eastern cultures, there is a strong emphasis on collectivism and family honor. While these values can foster a sense of belonging and duty, they can also suppress individual ambition, especially if it conflicts with family expectations. A young woman in such a culture might feel torn between pursuing a career and fulfilling her expected role within the family, leading to an internal struggle that hinders her success.

Emphasis on community and mutual care, can create a similar dynamic. While it encourages strong social bonds, it can also limit personal growth if the community's needs consistently overshadow individual aspirations. A man might feel pressure to conform to traditional roles as a provider, even if it means sacrificing his dreams or talents that lie outside those roles.

The strong influence of religious and cultural norms on gender roles can create a shadow that limits women's opportunities. For example, a woman might face significant barriers in pursuing leadership positions due to societal expectations that prioritize modesty and family roles over public achievement.

Male and Female Differences in Cultural Shadows

The Culture Shadow affects men and women differently, often amplifying societal expectations related to gender. Men might feel the weight of proving their worth through external success, driven by a cultural narrative that equates masculinity with financial or social power. This can lead to a disconnection from their inner selves and the aspects of life that truly bring fulfillment.

Women, on the other hand, often face cultural shadows that encourage self-sacrifice and nurturing at the expense of personal ambition. In some cultures, a woman's worth is closely tied to her

ability to care for others, which can create a shadow that discourages her from pursuing her own goals.

Overcoming the Culture Shadow

To overcome these cultural shadows, we must first recognize them. This involves bringing the unconscious beliefs and assumptions that shape our behavior into conscious awareness. By understanding the roots of these shadows, we can begin to question and challenge them.

Start by reflecting on the cultural norms and values you grew up with. What messages did you receive about success, gender roles, and your place in the world? How have these shaped your decisions and sense of self?

Jungian psychology emphasizes the importance of individuation - the process of becoming who you truly are, beyond societal expectations. This involves integrating the shadow by acknowledging the parts of yourself that have been suppressed or ignored due to cultural conditioning.

From a spiritual perspective, connecting with your faith can provide strength and guidance in overcoming cultural shadows. Scripture often encourages believers to find their identity in God rather than in societal expectations, offering a path to freedom and true success.

Challenge the cultural norms that no longer serve you. Redefine success on your own terms, considering not just external achievements but also inner peace, fulfillment, and alignment with your values.

By exploring the questions below, you can begin to unearth the cultural shadows that may have held you back and take steps toward a more authentic and fulfilling path to success.

COACHING QUESTIONS:

1. What cultural beliefs about success have influenced your life choices?
2. How have societal expectations of gender roles shaped your path to success?
3. In what ways have you conformed to cultural norms at the expense of your true self?
4. What hidden fears or doubts arise when you think about breaking free from these cultural shadows?
5. How can you redefine success in a way that honors both your individual desires and your cultural heritage?

BONUS CHAPTER 2:

THE TRAUMA SHADOW

Voice & Choice

Trauma, often buried deep within our psyche, leaves a shadow that can profoundly influence our path to success. This shadow, shaped by past conditioning and unprocessed pain, can block our growth and distort our sense of self. By exploring the shadow of trauma through Jungian psychology and Spiritual wisdom, we can understand how these hidden forces impact our lives and learn how to heal and move forward.

The trauma shadow represents the unhealed aspects of our past that linger in the unconscious, influencing our thoughts, behaviors, and decisions. These shadows are formed by experiences of pain, loss, betrayal, or fear, which, when left unaddressed, can create limiting beliefs and patterns that hold us back from achieving our full potential.

For example, someone who has experienced betrayal may develop a deep-seated fear of trust, leading them to avoid close relationships or collaborative efforts. This fear, born from trauma, becomes a shadow that prevents them from building the supportive networks necessary for success.

In another case, a person who has faced repeated failure or rejection might internalize these experiences, believing they are not worthy of success. This belief can manifest as self-sabotage, where opportunities are unconsciously pushed away due to a fear of further disappointment.

Story of Maria's Trauma Shadow

Maria grew up in a home where trust was often broken. Her parents, though loving in many ways, had a tumultuous relationship marked by infidelity and secrecy. As Maria entered adulthood, she carried with her a deep fear of trusting others. This fear wasn't always obvious; it manifested subtly in her career, where she avoided collaboration and shied away from leadership roles that required close teamwork.

Although she was talented and capable, Maria's trauma shadow kept her from fully engaging with her colleagues, leaving her isolated and preventing her from reaching her full potential. It wasn't until Maria began to confront the roots of her mistrust and work through her past pain that she started to open up, leading to stronger professional relationships and, ultimately, greater success.

Story of David's Trauma Shadow

David had always been ambitious, but his early experiences of failure left a deep mark on his psyche. As a young entrepreneur, he faced several setbacks - business ventures that failed, deals that fell through, and mentors who let him down. Over time, these experiences built up

into a narrative of unworthiness, convincing David that he was destined to fail. This trauma shadow manifested in subtle ways; David would unconsciously sabotage new opportunities, turning down promising projects or doubting his abilities when challenges arose. It wasn't until he began to explore the roots of his self-doubt that David could rewrite his narrative. By acknowledging his past conditioning and reframing his failures as learning experiences, he was able to step out of the trauma shadow and embrace new opportunities with confidence.

Overcoming the Shadow of Trauma

Evolving with the trauma shadow requires courage and a willingness to confront the pain of the past. It involves acknowledging the conditioning that have been hidden away and working through them to reclaim power and agency.

The first step in overcoming the trauma shadow is to become aware of its presence. This involves recognizing the ways in which past trauma has influenced current behavior and acknowledging the pain that still exists. Acceptance is key; it allows for the possibility of evolving without judgment or shame.

Jungian psychology emphasizes the importance of integrating the shadow by bringing the unconscious into the conscious mind. This process can involve specialized coaching, journaling, or meditation, where the focus is on understanding and processing the emotions tied to the trauma. Spiritual wisdom can also play a role in evolving, offering a source of comfort and strength through faith, prayer, and the belief in divine grace.

Trauma often distorts self-perception, leading to feelings of unworthiness or inadequacy. Overcoming the trauma shadow

involves redefining self-worth, independent of past experiences. This may include affirming one's inherent value, setting healthy boundaries, and embracing self-compassion.

To fully move beyond the shadow of trauma, it is necessary to step into a larger identity - one that is not defined by past conditioning but by potential and purpose. This involves letting go of the attachment to the trauma as a core part of identity and instead seeing it as a chapter in a much larger story. By doing so, you can contribute more meaningfully to society and the world, using your experiences to inspire and support others.

COACHING QUESTIONS:

1. How has past trauma influenced your beliefs about success and self-worth?
2. What patterns of behavior or thought have you noticed that might be tied to unhealed conditioning?
3. How have you coped with trauma, and are these coping mechanisms serving your growth or holding you back?
4. What steps can you take to heal from past trauma and integrate those experiences in a way that empowers you?
5. How can you redefine your identity to include, but not be limited by, your trauma, allowing you to step into a larger purpose?

By reflecting on these questions, you can begin to uncover the trauma shadow that may have been influencing your life and take steps toward evolving and embracing a more expansive and empowered identity.



CHAPTER THREE:

THE JOURNEY CONTINUES

Embracing the Abundance Within

This eBook serves as an introduction to the profound journey of freeing yourself from the Success Hidden Forces and embracing the abundance within your personal life and leadership. The process begins with the willingness to turn inward and explore the depths of your being.

Step 1: Understand and uncover the success hidden forces that shape your Persona.

Step 2: Recognize the exiled parts of yourself that you project onto others and take responsibility for these projections.

Step 3: Use emotional triggers as opportunities to process old pain and see the truth, reclaim the projection, and harness the energy it contains.

Step 4: Think, act, and speak from a place of conscious choice - a new awareness that reflects your true self.

This eBook is just the beginning of a lifetime journey to becoming your authentic self. There are many more steps to take, but we hope this has given you a glimpse of what is possible when you reclaim your power and align with your inner abundance.

Once you reclaim your projections, you can dive deeper into your consciousness, connecting with the universal intelligence, often referred to as the "collective unconscious" by Jung. Your business and life will expand in alignment with the depth of connection you have with your true nature - the Abundance.

This eBook only scratches the surface of the ways you can work with your inner abundance landscape in the MOSAIC Integral Leadership System™. Other techniques, such as active imagination - an advanced form of visualization - and interactive process, offer further exploration of the limitless creativity and imagination within you. These tools can be powerful for your personal growth.

Rather than fixing or healing the past, (the past is not something one can change) but you can understand, process the pain, and transcend it, allowing it no longer to define you or dictate your decisions.

Instead of identifying solely with your Persona, a new, authentic self emerges - one that you have yet to fully meet. This incredible being within you has an immense capacity for making a meaningful difference in the world while also living a deeply fulfilling personal life.

I hope you continue this journey of self-discovery and spiritual growth.

Look out for **the book Radical Becoming, Your Superpower for Success**, co-authored with the legend **Brian Tracy**. The book delves deeper into The MOSAIC Integral Leadership System™ for business and life to empower you to uplevel your success.

CONNECT WITH Irene

Irene Riad, is the founder of SightCET, The Institute of Authentic Leadership Culture, a personal and leadership development coach training company based in Tirana, Albania. Over the past 20 years, she has developed a unique self-development process based on Jungian psychology, Spiritual wisdom, and neuroscience of trauma recovery.

Irene Riad is a Global Executive and Systemic Team Coach as well as ICF Coach Mentor, Coach Educator, and Coach Supervisor. She is specialized in organization/team culture development, personal leadership transformation and coach education. She is Egyptian British and so speaks Arabic and English fluently.

Irene holds a Masters in Human Resources from Phoenix University in the USA and a Practitioner Diploma in Executive Coaching from the AoEC UK. She is an accredited ICF PCC Coach, EMCC Senior Professional Coach, CSA Coaching Supervisor, IAOTRC Trauma Recovery Coach Jungian Life Coach from CreativeMind University). She is also an ORSC Trained Coach, licensed for MBTI, Collective and 360 Leadership Circle, Barrett Culture & Leadership Values, and EQ Vital Signs by SixSeconds.

Irene is passionate about co-creating the next generation of soul-led leaders, business, and communities. She is focused on executive women development and their teams to create higher levels of impact.

