



Inner Child Healing Lab

A workshop designed to help you
Embrace the child within
30th August 2025

Do You.....

1. Keep attracting people who **HURT** you?
2. **FEAR FAILURE** and Judgement of people?
3. Feel **STUCK** in life and **TOXIC** relationships ?
4. Have **SELF DOUBT** & Feel you are **NOT GOOD ENOUGH** ?
5. Feel **CONFUSED** , CAN'T FOCUS, **OVERTHINK** everything ?
6. You **CAN'T ATTRACT WEALTH** & abundance?
7. Have **REGRETS**, guilt, shame & **ANGER** over the past?
8. **WORRY** about your future, **PROCRASTINATE**, have **FOMO**?
9. Get easily **FRUSTRATED**, restless or **IMPATIENT**?
10. Feel **LONELY**, struggle with **STRESS** & **ANXIETY** & emotions?
11. **CRITICIZE** yourself, be hard on yourself, **SELF SABOTAGE**?

If you answered YES to any of these, your Inner Child may be running your adult life



WHAT & WHO OF INNER CHILD



In every adult there lurks a child. An eternal child, who is always becoming, is never completed, & calls for unceasing care, attention, & education. That is the part of the personality which wants to develop & become whole."

- Carl Jung

Inner Child is the part of your personality that is innocent, fragile & wants to be loved & cared for.

Is your Inner Child Alive & Well?

Honour you're the Child in You by losing yourself in simple pleasures

INNER CHILD HEALING LAB OUTCOMES

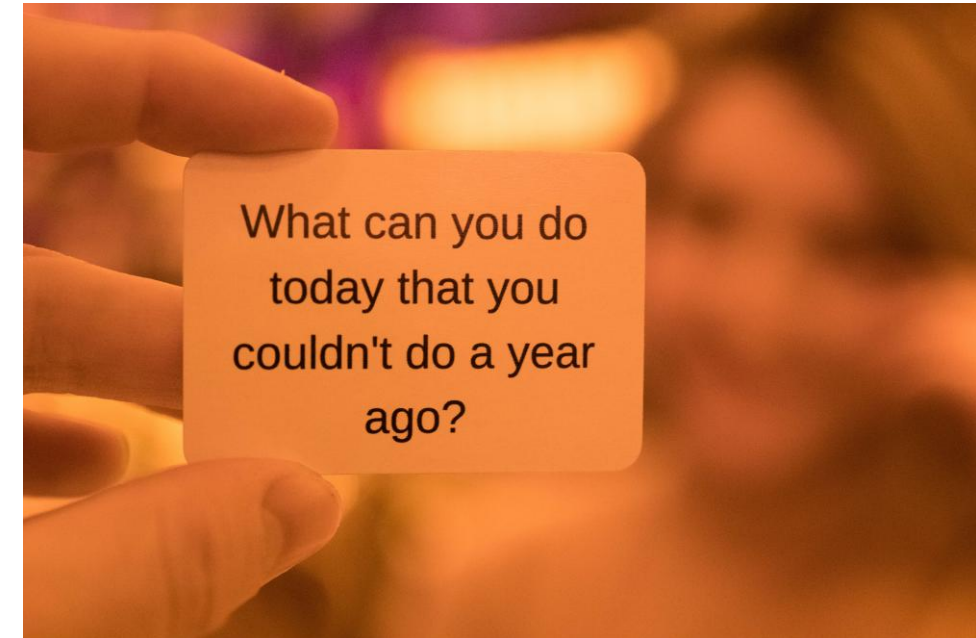
What can we 'as a whole' achieve out of this program?

Heal Childhood Wounds & Limiting Beliefs

Build Secure Relationships

Discover Your Authentic Self

Break Through Indecisiveness & Self-Doubt



The Inner Child Lab will help you take the first step to reconnecting your inner child.

A Workshop designed to aid - ANYONE who is keen on connecting with their inner child & seeking to build a fulfilling life.

We will embark on a journey to understand ourselves, our emotions & our behaviors.

Join us as we commit ourselves to acknowledge our pasts & move forward towards our joyful lives.

Your Guides in this journey of "Healing Yourself"

FACILITATOR | SANDEEP KOCHHAR



- Transformational Coach | Life Coach | NLP Practitioner | TEDx speaker | IIM B alumnus
- 25,000 Coaching hours | 6,00,000 followers | 4500 stories | 450 million views
- Finds solace in connecting with people & enabling them to connect with self
- 11 Million lives Empowered | Enabled Life Changing Transformations
- 30 years of experience in Coaching, StoryTelling & Creative Writing
- Intelligent Leadership Certified Coach | LinkedIn Top Voices 2019: India | World's Best Storyteller Awardee

WORKSHOP PLAN (SATURDAY 7:00 PM – 9:00 PM)

Dates	Sessions	Agenda	Framework
30th August 2025	Introduction to the Inner Child & Jung's Personality Theory	<ol style="list-style-type: none"> 1) Layers of the Self 2) Jung's Model of Psyche 3) Archetypes 4) Stereotypes vs Archetypes 5) Functional Ego States 6) Pre-work reflection 	<ol style="list-style-type: none"> 1) Jung's Personality Theory 2) Ego, Persona, Self Framework
6th September 2025	Inner Child vs. Adult Self	<ol style="list-style-type: none"> 1) Inner Child vs Adult characteristics 2) Life Positions 3) Triggers 4) Inner Angst 5) Reconnection & Balance 	<ol style="list-style-type: none"> 1) Life Positions (TA) 2) Emotional Regulation Exercise 3) Trigger Mapping
13th September 2025	Exploring Childhood Experiences & Core Beliefs	<ol style="list-style-type: none"> 1) Memory Work 2) Core Beliefs 3) Belief Reflection 4) Mapping Beliefs 5) Child Needs 	<ol style="list-style-type: none"> 1) Inner Child Story Work 2) Belief Re-mapping Exercise 3) Debrief Journaling
20th September 2025	Understanding Trauma, Grief & False Self	<ol style="list-style-type: none"> 1) Attachment Types 2) Relationship Impact, 3) Intergenerational Trauma 4) Secure Attachment Building 5) Reflective Practice 	<ol style="list-style-type: none"> 1) T.A.N.G. Framework 2) Defense Mechanism Typology 3) Processing Past Reflection

WORKSHOP PLAN (SATURDAY 7:00 PM – 9:00 PM)

Time	Sessions	Agenda	Framework
27th September 2025	Attachment Styles & Emotional Blocks	<ol style="list-style-type: none"> 1) Attachment Types 2) Relationship Impact, 3) Intergenerational Trauma 4) Secure Attachment Building 5) Reflective Practice 	<ol style="list-style-type: none"> 1) Attachment Style Assessment 2) Trauma Pattern Recognition 3) Secure Attachment Practice
4th October 2025	Mother, Father & Inner Child Wounds	<ol style="list-style-type: none"> 1) Mother/Father Wound 2) Emotional Codependency 3) Validation-seeking, 4) Parental Imprints 5) Reflective Letters 	<ol style="list-style-type: none"> 1) Parental Archetype Exercises 2) Reflective Writing Letters
11th October 2025	Reparenting the Inner Child	<ol style="list-style-type: none"> 1) Definition of Reparenting 2) 3 Ps (Presence, Patience, Persistence) 3) Self-Nurturing 4) Internal Safety 5) Emotional Journaling 	<ol style="list-style-type: none"> 1) 3 Ps Practice 2) Emotional Release Journaling 3) Self-Trust Development
18th October 2025	Understanding and Balancing Energies	<ol style="list-style-type: none"> 1) Emotion as Energy 2) Masculine vs Feminine 3) Leading Energy Identification 4) Balancing via Expression 	<ol style="list-style-type: none"> 1) Masculine–Feminine Balance Activity

WORKSHOP PLAN (SATURDAY 7:00 PM – 9:00 PM)

Time	Sessions	Agenda	Framework
25th October 2025	Journaling, Gratitude & Affirmations	<ol style="list-style-type: none"> 1) Affirmations 2) Gratitude Journaling 3) Mind-Body-Soul Alignment 4) Reflection Stories 5) Emotional Journaling 	<ol style="list-style-type: none"> 1) Attachment Style Assessment 2) Trauma Pattern Recognition 3) Secure Attachment Practice
1st November 2025	Emotional Regulation	<ol style="list-style-type: none"> 1) Why the Inner Child struggles with regulation 2) Emotional hijacks and nervous system responses 3) Differentiating reaction vs response 4) Grounding and self-soothing tools 5) Building an internal safe space 	<ol style="list-style-type: none"> 1) Parental Archetype Exercises 2) Reflective Writing Letters
8th November 2025	Shadow Work & Healing Integration	<ol style="list-style-type: none"> 1) Shadow Self 2) Visualization 3) Reframing Triggers 4) Shadow Work Exercise 	<ol style="list-style-type: none"> 1) 3 Ps Practice 2) Emotional Release Journaling 3) Self-Trust Development
15th November 2025	Closure & Journey to Authentic self	<ol style="list-style-type: none"> 1) Recap key lessons (Jungian shadows, inner child, attachment styles). Share 2) Meet your authentic self 2) Recognizing Your Unique Strengths & Gifts 3) Revisit childhood passions (clues to innate talents) 	<ol style="list-style-type: none"> 1) Healing Roadmap Canvas 2) START–STOP–CONTINUE 3) Inner Child Letter/Circle Share (Breakout Rooms)

Workshop : 30th August 2025 – 15th November 2025 (Saturday 7-9 PM)

Registration for Lab | 18th August 2025
Complete Registration



Complete Prework | 28th August 2025
Engage in readings & exercises



Attend Weekly Sessions | 30th August 2025
Participate in scheduled sessions



Receive Confirmation Email | 19th August 2025
Ensure successful Registration



Join Communication Group
Connect with Facilitator & participants



Inner Child Healing Lab Journey

Week 1
Overview of Inner Child & Jung's Personality theory

Week 2
Inner Vs Adult Child Self

Week 3
Exploring Childhood Experiences & Core Beliefs

Week 4
Understanding Trauma, Grief & False Self

Week 5
Attachment Styles & Emotional Blocks

Week 6
Mother, Father & Inner Child Wounds

Week 7
Reparenting the Inner Child

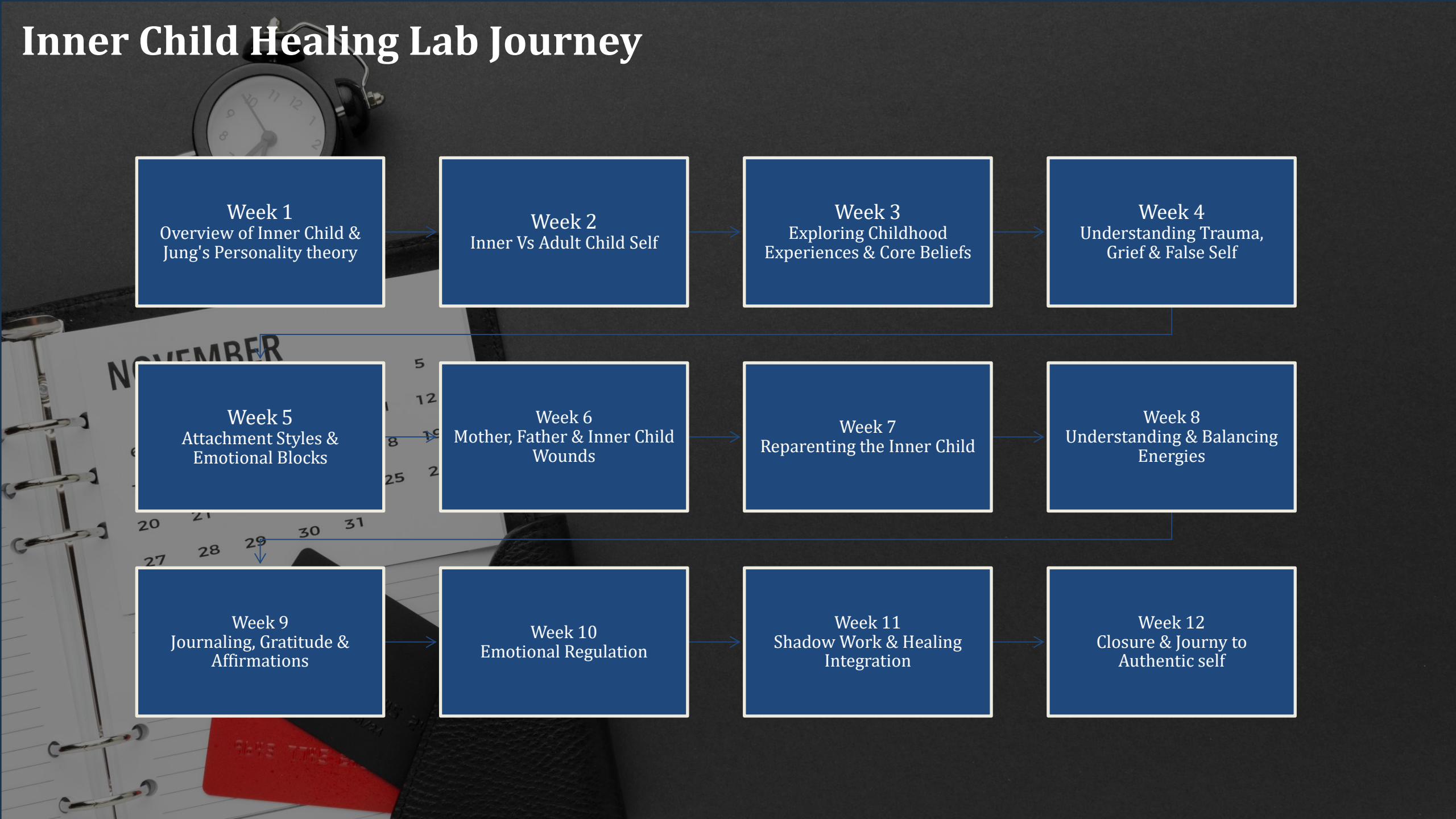
Week 8
Understanding & Balancing Energies

Week 9
Journaling, Gratitude & Affirmations

Week 10
Emotional Regulation

Week 11
Shadow Work & Healing Integration

Week 12
Closure & Journey to Authentic self



A young child with light brown hair is standing in a forest. The ground is covered with a thick layer of fallen yellow and orange leaves. The child is wearing a blue and white patterned sweater and is holding a large, bright yellow leaf in front of their face, partially obscuring it. The background is a soft-focus forest with trees and more fallen leaves.

Any Questions?

**Please contact us at consulting@blewminds.com for more details.
www.blewminds.com**