

A woman with curly brown hair, smiling warmly at the camera. She is wearing a reddish-brown top. The background is a blurred brick wall.

INTRO TO THE ENNEAGRAM PACKAGE INCLUDES



A 2-hr pre-coaching interview to either determine your type or if you know your type, to dig into your awareness of subtype



Eight 1-hr coaching sessions to teach you the essential layers of the Enneagram for starting deep, healing work



An online workbook filled with weekly assignments and Enneagram teachings to guide you along your journey

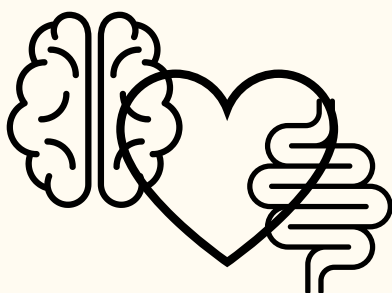


WHAT WE WILL COVER

My 8-Week *Introduction to the Enneagram Coaching Package* teaches you the fundamental concepts necessary for starting your journey towards lasting transformation with this tool.

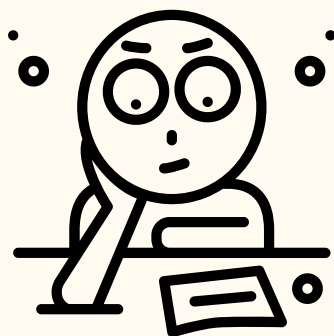
WHAT MAKES YOU YOU?

We are not *completely* predictable.
Our stories shape who we are.
Before we dive into this work around the Enneagram, I'll invite you to share stories of your life that make you, you.



THE PASSION OF YOUR TYPE

Each type is connected to a specific passion. Our passion comes from our ego's heart and drives the behaviors of our ego. You will learn how to observe your type's passion in your actions.



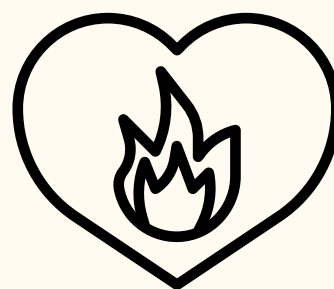
01



02

CENTERS OF INTELLIGENCE

We process the world through either our head, heart or gut depending on our type. Understanding how your dominant center drives your motivation and communication is key to this work.



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THE FIXATION OF YOUR TYPE

Our type's fixation lives in the head of our ego and functions as a confirmation bias for our beliefs. You will learn to spot this fixation so you can identify how this default mindset traps you.

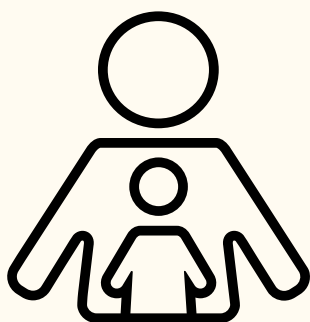
WHAT WE WILL COVER

*You find peace not by rearranging the circumstances of your life,
but by realizing who you are at the deepest level.*

— Eckhart Tolle

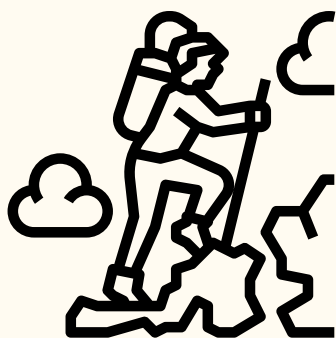
YOUR TYPE TENDENCIES

The characteristics used to describe your type are very much driven by the passion and fixation. Building on your new knowledge, you'll begin to ask yourself why you do the things you do.

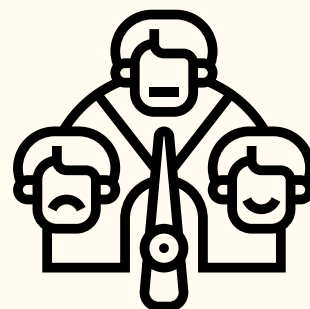


MOVING ALONG THE MAP

Many have learned you move to one arrow point in stress and one in health. You will learn a new way to travel along the map, moving consciously and with intention for long-lasting growth.



05



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RETURN TO YOUR SOUL CHILD

Like in all healing work, we must travel back to tend the wounds of our past to reclaim the parts of us we abandoned as a child represented in our arrow-against number. Little you is waiting.

07



08

GROWING BEYOND YOUR TYPE

You have made it this far and are equipped with many tools to move beyond your ego. We will reflect on how you can continue to apply these concepts to grow *beyond your type*.



ARE YOU READY TO SET YOURSELF FREE?

\$1,175 package includes:

*2-hr Pre-Coaching Interview
Eight 1-Hr Coaching Sessions
Lifetime Access to Online Workbook*

You may pay upfront or pay per session.
Click the button below to schedule a free consultation call today!

SCHEDULE A FREE CALL