

Beyond Your Number Coaching Pathway from Stephanie J Spencer



Using the Enneagram for a personal development process of transformation.

1 Seeing Clearly by (re)Discovering Your Enneagram Type

What are you striving for? We begin with a confirmation conversation and assessment of your Enneagram Type, with an intentional self-reflection about your focus and blindspots.

2 Recognizing Your Instinctual Bias

What do you need to feel safe? Our Enneagram Type is only one layer of who we are. Another key component is our dominant instinctual bias (self-preservation, social, or sexual). In fact, instincts create 3 subtypes for each Type.

3 Finding Balance through the Intelligence Centers

How do you communicate and make decisions? We each have all three Intelligence Centers (head, heart, gut), but one is dominant. Understanding how that affects our processing can help us be more discerning in our choices.

4 Widening Your Perspective with the Triads & Nature

How do you approach social situations, handle conflicts, and work with teams? Using imagery from my book, as well as conversation about the four Triad groupings of the Enneagram, you will see yourself and others in fresh ways.

5 Deepening Your Self-Awareness

What is driving you? It's time to look more deeply at how your Type might be keeping you stuck, including fears, fixations, and defense mechanisms. Don't worry- it's also time to examine the essence that is the good core of who you are.

6 Integrating & Expanding through the Stress Point

What happens when you feel stressed? The arrow pointing away from your Type are shows the characteristics of another Type that tend to come in times of stress, but carry a key for your expansion and wholeness.

7 Integrating & Expanding through the Security Point

What happens when you feel secure? The arrow pointing towards your Type shows the characteristics of another Type that tend to rise up when you feel secure, and will bring you greater contentment if you integrate it more regularly.

8 Finding a New Way Forward

Where do you go from here? The last session reviews and reinforces while we have been while adding a final focus area of your choice, which can include relationships, spirituality, or leadership development.

Each session is a 1-hour conversation. After each, you receive resources and practices designed specifically for people on this pathway, including a Beyond Your Number journal. Sessions may be as frequent as weekly, or spread out to monthly, according to your preference. Booking can be done via tidycal or by choosing a fixed time. **The cost is \$1400.** Billing is done via invoice after the first session. Payment plans available. Please enquire.

Break out of the box of who you have been and into the wild of who you could be.





Stephanie is not afraid of hard questions. She loves moving towards the struggles of the human experience to help people find new ways forward. She has spent years coaching individuals and teams from around the country, from major universities to local churches, from Fortune 500 companies to small businesses, and more. Time and again, she has seen the power of the Enneagram,

imagery, and questions to open pathways for growth and transformation. Combining her experience as a coach with the more than eight years she has been a nonprofit leader, she is a trusted guide through the stuck places of life. Stephanie is a visual artist, nature lover, and author of the book, *Out of the Box & Into the Wild: An Enneagram Journey through the Triads of Nature*.

Experience & Credentials

- **As a coach** certified and trained in executive and leadership development, she knows how to lead you towards your own inner wisdom.
- **As an Enneagram practitioner**, she can use your Type as a framework for understanding who you are as a person and a leader. She is an International Enneagram Association Accredited Professional, having received a high standard of training in how to use the Enneagram as a tool for growth.
- **As a nonprofit leader**, she is skilled asking deep questions that point towards meaning and purpose. As a former pastor who walks people through faith shifts, she is a trustworthy guide for the process of transformation.
- **As a gifted facilitator**, she not only trains and teaches, but invites the voices forward into a collaborative conversation that helps teams develop.
- **As an artist**, she approaches leading in a creative and intuitive way, staying grounded and articulate in her topic, while being responsive to those gathered.

Education

- BS in Social Work from the University of Wisconsin-Madison, graduating *cum laude*
- MA from Bethel Seminary, graduating *magna cum laude*

Certifications

- **Accredited Professional, International Enneagram Association**
- Executive & Leadership Development Coach, *The Academies*
- Enneagram Spectrum Training and Certification, *Dr Jerome Wagner*
- Coaching with the Enneagram, *Enneagram in Business with Ginger Lapid Bogda, PhD*
- Enneagram Foundations Module 1, *Awareness to Action with Mario Sikora*

“ what people are saying

I brought Stephanie in for a half-day session to our team retreat. As soon as she started I knew we were in good hands. She was warm-but not mushy, relatable, a natural facilitator, and connected with each of my team members. She could sense the room and stay longer on a theme or know when it was time to move forward. I learned so much about myself and my teammates, and our session flew by. I wish we had booked her for the whole day!

- Jessica Kasper: Minneapolis City Attorney's office

Enneagram can be challenging to introduce into a corporate team but Stephanie's facilitation made it a fantastic experience. Her in-depth knowledge of the subject, unique preparation for our particular team, and ability to engage with all executive types created a wonderful dynamic for our team.

- Tony Capucille: CEO of Eight Twenty

Meeting with Stephanie was both a breath of fresh air and a lightbulb moment for me. Her approach to the Enneagram is so grace-filled and nuanced, our sessions together made me feel more free, not more boxed-in. And her wisdom to help me discover my true type (which was different than what I had long-assumed) helped me re-discover all over the wonders of the Enneagram and how useful it can be in daily life. I'm grateful for my time with her, and look forward to more.

- Tsh Oxenreider: Author, Podcaster, and Founder of theartofsimple.net