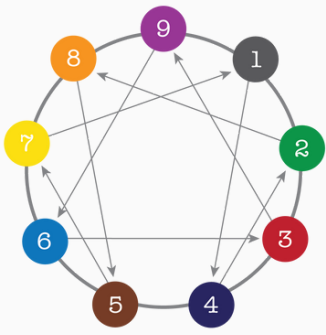


Each Beyond Your Number Pathway session is a one hour conversation, customized to your needs, once a month.

You receive a Beyond Your Number journal for your Type, as well as resources designed specifically for people on this pathway. Between sessions, you will have practices to try and ideas to explore.



Beyond Your Number

A 7-Session Enneagram Coaching Pathway

Session 1: Understand Your Enneagram Type

Our Enneagram Type forms when we lose touch with our essential nature. Our Type is the ego that helped us survive, rising up to protect us from grief and pain. Awareness of these ego structures helps us make our way back to our essential self.

Session 2: Balance the Intelligence Centers

We each have all three Intelligence Centers (head, heart, gut), but one is dominant. Understanding how that affects our processing and attachment can help us make better decisions and find more grounding.

Session 3: Fly with Your Wings

Wings are the points that exist on either side of each Enneagram Type. Though they can sometimes come out in less-resourceful ways, we can use both as resource points to find new perspective and capacity.

Session 4: Engage with the Triads

The nine Enneagram Types can be broken up into Triads in four distinct ways: the Intelligence Center Triads, the Energy Triads, the Harmonic Triads, and the Collaboration Triads. Seeing what we have in common and what is distinct from others helps us in our relationships.

Session 5: Integrate your Arrow Points

The number pointing towards your Type carries characteristics that tend to rise up when you feel secure. The number pointing away from your Type are characteristics that tend to come in times of stress. Both numbers carry keys to growth when integrated into your Type.

Session 6: Recognize Your Instincts

Our Enneagram Type is only one layer of who we are. Another key component is our dominant instinct (self-preservation, social, or sexual). In fact, instincts create 3 subtypes for each Type. Being aware of, and sometimes fighting, instincts can bring greater wholeness.

Session 7: Choose Your Own Adventure

Based on previous conversations and your needs, you choose where to go for the last session. Some options include relationships, spiritual growth, or leadership development.

Together, we can open up blind spots, and find the way to the best and truest you.

This pathway is \$1200, which like getting an entire 1:1 coaching session for free, along with the other bonus content. Billed via invoice after your first session. Payment plans available. Please enquire. Ready to start? Book a free 15 minute consultation call at calendly.com/stephaniejspencer/consultation-call