

**How it works**  
The process of coaching is tailored to your unique personality type through the use of the Enneagram personality mapping system. You will identify your personality type, align with core values, build upon signature strengths and break free from limiting beliefs and behaviors. This personalized method of coaching sets it apart from others, as it is an in-side-out approach. You will learn how to connect to your true essence and experience personal transformation. Through your own insights and a greater awareness you start to experience an alignment between your internal world and your behaviour  
The end result of this process is reaching your full potential and creating the life you so desire. [Click here](#) to take the free Enneagram Type Indicator.  
**The Evolving Process**  
The evolving process combines the efficiency of business with the unique needs of the individual.  
**Stage I**  
Current Reality  
Establish your Type according to the Enneagram  
Identify repeated patterns of behaviour  
Expand your awareness around the impact of these patterns  
Clearly identify meaningful goals  
Use tools to observe these patterns.  
**Stage II - Getting Out Of Our Own Way**  
Understand the Inner Critic  
Establish methods to manage the inner critic  
Identify your needs and values  
Identify your passions  
Use tools to manage the change process.  
**Stage III - My Authentic Self**  
Formulate manageable strategies to accomplish the meaningful goals  
Use tools that support your growth  
Enhance greater self-awareness  
Be yourself