



I AM PURE POTENTIAL YOU ARE PURE POTENTIAL WE ARE ALL PURE POTENTIAL

By Renée Siegel

I, You and We have the potential to be and do more than we currently are being or doing.

That's an important part of the reason people seek the assistance of coaches and counselors. We know we are more and can do more, but how do we make the changes to get there? We need assistance and the objectivity and presence of others.

After working as a counselor and coach with thousands of people I've noticed that everyone that seeks change knows there is something more. Over the years I've been in practice, those who have reported success have done mental and emotional work coupled with an increased awareness of what is happening in their bodies.

With the opportunity to teach and train all over the globe, regardless of the culture, the process of mental-emotional and somatic work affords a greater opportunity for integration and sustained change and transformation.

It has been a blessing to meet so many amazing people throughout my journey!

Although there is no one way to help everyone, we all have some universal needs: to be empowered, to be valued and to feel some certainty or safety in our lives. The study of the nine paths provides a way to honor our unique patterns or strategies for meeting these universal needs.

About 15 years ago, while doing some of my own personal growth work, I was introduced to a holistic way to look at myself and others. Although I refer to it as "*The Nine Paths*," it is the study of the enneagram.

The word enneagram describes a map that diagrams nine unique ways people think, feel, behave and see themselves and see themselves as connected to something greater than themselves. The enneagram grew from ancient wisdom traditions that



verbally shared this information.

Although some describe this as a personality system, it is much more than a personality system. The enneagram studies provide us with information about the somatic experiences of each type and the core motivations for each type. Now, that is a game changer!

If you'd like to find out more, call or email for a complimentary 15-minute consultation.

Remember **UR Pure Potential!**

Renée