

# Melissa Rempfer

## Certified Enneagram Coach

### Connect with Melissa

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## Stop Getting in Your Own Way! Escape the fears, limiting beliefs, and sabotaging behaviors that keep you from being your best self!

Melissa Rempfer is the total package of study, practice, and proven results. Passionate about helping professionals, coaches and consultants, and leaders break through their self-sabotaging behaviors and limiting beliefs so they can excel personally and professionally.

Through her compassion, rigor, and expertise in the interplay between the personality and ego, Melissa guides others to break free of the traps they have created for themselves.

From various disabilities and 26 surgeries, surviving homeless as a teen, to spearheading the funding of a multimillion dollar building by her early twenties, Melissa has walked the walk of personal growth with professional results. She has worked with professionals in the corporate world, small businesses, education, and non profits, and has helped thousands to discover their innate strengths and qualities in order to overcome their self-made traps. Now, as a coach and consultant, Melissa is here to help you.

As an Enneagram Institute- authorized teacher (one in less than 20 worldwide), and Professional Certified Coach with New Venture West, she also holds Masters in Adult Education Training and Development. Melissa comes alongside professional to help them discover how they are shackling themselves, and what it takes to break down the walls of that self-built prison of how they are getting in their own way.

Along with her Enneagram expertise and MA in Education, Melissa leverages her knowledge to guide individuals, business and corporate leaders, and organizational teams into a deeper understanding of themselves and the ways in which they get stuck.

**Don't let YOU be the reason why YOU STAY TRAPPED.**



Book Melissa to Speak or be a Guest, contact:

## Topics

- Ways we get in our our way (procrastination, perfectionism, shiny object syndrome, imposter syndrome, fear of failure, helpful to a fault, monkey mind)
- Enneagram (a map of understanding yourself, others, and personal/professional growth)
- Working through self-sabotages and traps
- Personality types and how they put in us and how to get out of these prison boxes
- Breaking patterns of limiting beliefs and habits
- Inner critic and how it effects us personally and professionally
- Productivity, Communication, and Relationships
- Andragogy (Adult Learning Theory): How we learn and grow.... life long growth verses just quick wins

## Sample Questions

- How do you break out of habits and traps?
- What is the Structure of Interpretation and why is it important?
- What is the Enneagram, and how can it help me?
- What are some of the sabotages (ways we get in our own way) we encounter?
- How and why do our fears, motivations, and behaviours effect our relationships, productivity, goals, and financial freedom?
- What is our personality structure?
- What are some practical ways you can share to help with... (perfectionism, procrastination, imposter syndrome, etc.)?
- How can I learn more about what are my specific traps of sabotages and what I can do to overcome them?

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