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Discover, Explore and Become Your Best Self

Your Enneagram Coach uses the Enneagram as a tool to help harness self-limiting behaviors into life-enhancing personal empowerment and help people understand why they think, feel, and behave in particular ways according to their own personality type.

Your Enneagram Coach is a community designed to be a safe place for individuals to explore the Enneagram.



Beth McCord

Type 9 | Peaceful Mediator

Best-Selling Author, Speaker, Coach, Beth McCord is passionate about coming alongside individuals and helping them understand and interpret their story, allowing them to see that lasting change, meaningful relationships, and a life of deep purpose is possible.

Over 2 million people have taken *Your Enneagram Coach's* Enneagram type assessment, with an average of 2,500 people taking it per day, all of whom receive weekly newsletters. Additionally, *Your Enneagram Coach: The Podcast* helps couples dive deeper into the Enneagram and receives an average of 15,000 downloads per episode.

From courses that allow you to dive deeper into the Enneagram to ones that strengthen your marriage, *Your Enneagram Coach* offers a variety of courses that bring the clarity you need using the power of the Enneagram.

Your Enneagram Coach has trained 700+ coaches worldwide who are transforming and making a lasting impact on others' lives.

She and her husband, Jeff McCord, created *Your Enneagram Coach*. Spending years training under the top Enneagram experts, Beth is now leading the way in simplifying the deep truths of the Enneagram, including an added Biblical perspective.

Beth's mission is to make personal awareness and growth accessible for everyone, anywhere, so they can experience health and transformation in every area of their life. Her heart for couples is to guide them to clarity and give them insight into their individual personalities and unique relationship dynamics, helping them break free from unhealthy patterns. Beth lives in Nashville, Tennessee, with her husband and two kids, Nate and Libby.



“We help people understand why they think, feel and behave in particular ways according to their own personality type, with the help of the Enneagram... we will help guide you in finding your own type, learning about your type, helping you to grow, or helping others to grow.”

- BETH MCCORD

Potential Discussion Topics:

The Enneagram

- Overview of the Enneagram and how it can be used for self-discovery and personal growth
- Using the Enneagram to transform self-limiting behaviors
- How your Enneagram type impacts your life and the way you view the world
- Misconceptions about each Enneagram type
- The Enneagram as a GPS for everyday life and interactions
- How to lead each Enneagram Type

Parenting & Relationships

- Improving your marriage using the tools of the Enneagram
- Parenting based on your child's Enneagram Type
- Using your Enneagram Type to fight well in your relationship
- How to be a better friend, according to your Type

Your Enneagram Coaching Certification

- How to know if you'd be a good coach and equipping you to help others transform
- The benefits of having an Enneagram Coach

