

## MICHELLE MCDONALD

CERTIFIED ENNEAGRAM CONSULTANT

Michelle McDonald is a certified Enneagram practitioner, educator, coach, and founder of Origins Enneagram Consulting. With over two decades of experience in education and a master's degree in Educating the Diverse Learner, she has built her career helping people uncover their potential and move beyond the patterns that keep them stuck. Michelle is the author of *Living More Consciously and Aligned*, a practical and insightful guide to using the Enneagram as a tool for personal transformation. Through her workshops, coaching, and speaking engagements, she helps individuals, teams, and organizations build self-awareness, strengthen communication, and lead with clarity and confidence. Known for her warm, engaging, and relatable style, Michelle inspires audiences to see themselves more clearly, live with intention, and create lasting change rooted in alignment and ease.

For more information visit us at:  
[www.michelle360.com](http://www.michelle360.com)

THE RESET GUIDE

MICHELLE MCDONALD

# THE RESET GUIDE

# 9

STEPS TO MOVE  
BEYOND THE  
UNCONSCIOUS  
PATTERNS  
KEEPING YOU  
STUCK

- Michelle's Story: The Turning Point That Changed Everything
- The Power of Awareness: You Can't Change What you Don't Know
- Understanding Your Root Cause: Discover How your Unconscious patterns are holding you back
- Tapping into Your Unique Alignment: Sync Your Mind, Heart, and Body for Unstoppable Flow