



METHOD OF TRANSFORMATION™ SMALL GROUP PROGRAM



MISSION

To elevate humankind to live their personal *Truth* by marrying the philosophical understanding of what it means to be fully human with science; to develop programs and curriculum which serve various communities in need.

MOT™

The Method of Transformation™ (MOT™) is a process described as a method of development and growth that draws from psychological, philosophical, and spiritual theories which address the ego's way of drawing one's self away from living true to whom you were born to Be: *Yourself*.

You are gently guided as you strip away the masks that have hidden you from living your authentic Truth contained in the Divine seed within. The MOT™ process aims to help you to identify the particle within you that contains the blueprint to how you become fully human, and whom you are called to *BE*. It's a method to becoming, being, and transcending. It's your journey to living your *True Self*.



It Starts with the Enneagram

The Enneagram of Personality illustrates the ways we get lost, but also the ways we can come home to our *True Self*. It exposes how we lie to ourselves about who we think we are and explains the “why” of how we think, act, and feel. It also helps us realize our gifts as well as come to terms with our addictive patterns that chain us to our greatest interpersonal, spiritual, and emotional challenges. The Enneagram invites us to deeper self-awareness and exposes the illusions that have defined our sense of self. It truly is a tool for personal liberation.

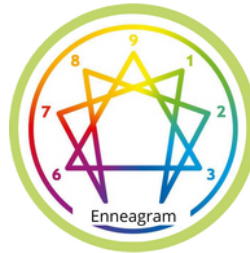


What is it?

- An 8-step methodology that draws from psychological, philosophical & spiritual theories which address the ego's way of drawing one's self away from living True to whom you were born to BE: Yourself.
- Gently guides you back to your authentic, True Self. There, you can experience the fullness of life and all that you are called to BE.
- Compassionate: Discover the fullness of compassion for Self, guided by a skillful practitioner.
- Integrative: Proven method that merges the testing and navigation tool, the Enneagram, with the psychotherapeutic Compassionate Inquiry approach.
- Master Level: A master's level study of YOU, guided by an accredited authority.



Dr. Mary Filice PhD



Enneagram

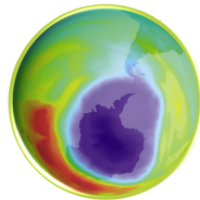


Gabor Maté
Compassionate Inquiry



SYSTEMATIC

A systematic method to unlocking your authentic Self



MULTIDISCIPLINARY

A multidisciplinary method that brings together the teachings of many experts in the field of Psychology, Philosophy, Spirituality, Theology and Medicine



COMPASSIONATE

Experience true compassion and guidance from an experienced practitioner



INTEGRATIVE

A proven method that incorporates the wisdom of the Enneagram as well as the Compassionate Method of Inquiry developed by Dr. Gabor Maté.



MASTER LEVEL

Individual witness of your journey through self discovery from a Master.

Dr. Mary's MOT™

Testimonials

"... gained clarity & a new outlook that have led me to be the best version of myself." - Jaci V.

"... changed my life... have finally realized my worth." - Megan M.

"... trusting & caring environment.... feel empowered..." - Kathy N.

"... guide you to positive change & acceptance." - Kim S.

"... helped me find new ways to find the quiet place in my head where I can actually hear myself think enough to make decisions..." - Sofia B.

"... provided me with clear perspective... helped me to identify my strengths & passions... better understand myself... taught me that it's possible to find purpose in life... taught me to value myself... had been a long time since I'd felt so confident... - Christian F.

"... extremely intuitive...gift of helping others find purpose...uncanny ability to ask poignant questions... a great champion of humankind..." - Caren C.

The MOT™ Process

A process that entails a deep-dive journey of *Self* Exploration and Discovery.

Outline of the sessions noted with pre-work for each session required.

1 ENNEAGRAM DEBRIEF

Discuss insights gained through test results. Establish goals for working together. Receive your "In a Nutshell" statement.

2 DISCOVER YOUR NARRATIVE

Understand the story around where and which you have organized your life.

3 360 DEGREE REVIEW

Discover the barriers that hold you back. Establish your definition of "Success."

4 READING EMOTIONS

Learn how to develop emotional intelligence.

5 DETERMINE YOUR VALUES

Reflect upon the values you hold and how to learn to live by them.

6 ROLE MODEL EXERCISE

Explore role models and idols as a reflective exercise.

7 EXPLORE VIRTUES & VICES

Understand how vices steer you away from your *True Self*, and virtues lead you to living your most authentic *Self*.

8 PERSONAL PURPOSE STATEMENT

Uncover Your authentic *Self*. Where do you want to go from here? Create your "Purpose Statement."



\$1500 USD

or \$325/mos. for 4 months
plus fee for
Enneagram Test

Program and Pricing

- 4-Month Program including 8 small group sessions exclusively lead by Dr. Mary.
- Each session is 2 hours, held every other week.
- Individual 1-hour session with Dr. Mary. Timing to be at your discretion during the length of the program.
- Two options for an Enneagram Test:
 - A) Personal Report Included
 - B) Personal Plus Relationships Reports an additional \$60
- MOT™ Workbook to guide your journey.

About Dr. Mary

- Unique approach in which Dr. Mary, LLC merges psychology, Enneagram personality profiling, spirituality & the latest in trauma research to teach coaches how to more effectively serve their individual clients.
- PhD in Philosophy with specialty in Systematic Theology & Human Development
- Proven success as a philosophical & spiritual coach
- iEQ9 Certified Practitioner
- Dr. Gabor Mate's Compassionate Inquiry Certified



Learn more about the MOT™
<https://www.drmaryllc.com/>