Heathers Resume

## **Heather Whitaker AOT**

**Becoming You Coach | Clarity + Mindset Guide | Creator of the Self Inventory Lab** Rooted in values. Driven by insight. Devoted to becoming—and helping others do the same.

### **My Area of Transcendence**

“I am designed to thrive at the intersection of clarity, expression, and service. I guide, teach, and activate others through my voice and presence. My work must feel aligned with my body, my family, and my joy. I want to be visible not to be seen, but to see others more clearly.”

### **My Core Values (Top 10, with emphasis on The Big 5)**

| **Core Value** | **What It Means to Me** | **How It Aligns with Becoming You & My Coaching Role** |
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| **1. Eudemonia** | A life of deep fulfillment and joy, not tied to achievement but rooted in vitality, alignment, and presence. | I help clients move from stuckness to soulful clarity. My work is designed to sustain joy—not just chase goals. |
| **2. Place** | A need for beauty, grounding, and intentionality in where and how I live and work. | I build safe containers—digitally and energetically—for clients to access and express their true selves. |
| **3. Familycentrism** | I am a mother, wife, daughter, and friend. My decisions reflect my interconnectedness. | I coach from lived experience. I support real women balancing motherhood, work, and desire. This makes me an ideal mentor for Becoming You participants navigating values conflicts. |
| **4. Voice** | I must express truth through speaking, writing, and teaching. It’s my compass and calling. | My voice is the vehicle for client breakthroughs—whether through teaching, podcasting, or workshops. I am ready to represent Suzy’s method with authenticity and resonance. |
| **5. Luminance** | I desire to be seen for my impact—not ego—but so I can better serve. | I shine light into the stuck places. My visibility invites others to step forward. This is key for teaching, mentoring, and facilitating transformational work in public forums. |
| Beholderism | Seeing beauty in complexity and wholeness. | I work holistically—honoring the many parts within a person’s story, and helping them feel seen. |
| Non Sibi | A deep commitment to serving something larger than myself. | I am mission-driven. I see Becoming You as a shared calling—and I live in service to growth and transformation. |
| Workcentrism | I value meaningful contribution and effort—but not hustle culture. | I bring structure, systems, and follow-through to coaching containers. Clients trust me to be reliable, present, and prepared. |
| Achievement | I pursue mastery in my craft. | I’m certified, tested, and devoted to continuous improvement. Coaching is my craft and Becoming You is an area where I strive to be a top-tier practitioner and teacher. |
| Belonging | I create spaces where people feel safe to be fully themselves. | My coaching rooms are inclusive, supportive, and powerfully personalized—perfect for facilitating Suzy’s teachings with nuance and depth. |

### **My Natural Aptitudes – Why I’m Built for This Work**

| **Aptitude** | **Why It Matters in Coaching & Facilitating** |
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| Inductive Reasoning | I quickly spot patterns, connect dots, and reframe challenges. Clients often say: “You see things I never thought to name.” |
| Strategic Thinking | I guide people through the fog and into momentum. I specialize in turning complexity into clarity—perfect for post-AOT implementation work. |
| Emotional Awareness + Soundness | I bring both depth and steadiness. My presence creates safety. My intuition allows me to ask the one question that unlocks the breakthrough. |
| Idea Generation | I don’t just coach—I co-create. I’m a catalyst for brainstorming, micro-actions, and real-world change. |
| Adaptability + Curiosity | I thrive in evolving systems (like Suzy’s growing certification). I’m constantly learning, absorbing, and iterating—especially inside the Insight Mapping System and Human Design frameworks. |

### **My Aptitudes — As Measured Across the Full AOT Suite**

"My strengths aren't accidental—they are named, tested, and integrated across every tool Suzy Welch teaches."

| **Tool** | **What It Reveals** | **How It Shows Up in Coaching + BY Facilitation** |
| --- | --- | --- |
| **YouScience** | Strategic thinker with high inductive reasoning, emotional intelligence, adaptability | I spot patterns, reframe quickly, and make abstract insight actionable through micro-steps. Ideal for clarity coaching and stuck-point resolution. |
| **Enneagram (3)** | Purpose-driven achiever who transforms ambition into aligned impact | I model what it means to evolve from performance to purpose. I relate deeply to high-functioning women learning to lead from within. |
| **Career Traits Compass** | High emotional maturity, authenticity, collaboration, and strategic execution | I create high-trust containers and deliver outcomes—whether mentoring coaches, guiding clients, or building new curriculum. |
| **PIE360** | Peer-reviewed strengths in leadership, presence, and motivation | I’m seen as a trusted guide by clients, colleagues, and collaborators. I bring both warmth and clarity to group spaces. |

### **Career Trait Compass (Developed by Suzy Welch)**

Your framework confirms I am:

* **Emotionally Mature (91.1)** – I hold deep work with grounded clarity.
* **Authentic (89.8)** – Clients trust me because I lead with truth.
* **Collaborative (83.9)** – I work beautifully in partnership—whether with clients or Suzy’s team.
* **Strategic Executor (85.7)** – I build systems, curriculum, and action plans that move people forward.
* **Service-Oriented (82.7)** – I show up with devotion, not ego.

### **What I’ve Built: The Self Inventory Lab**

**My proprietary system is a post-AOT continuum** that amplifies Suzy’s work. It helps clients:  
 Identify and detach from Four Horsemen behaviors  
 Work with protector parts through Internal Family Systems  
 Use Human Design to move forward with integrity and ease  
 Anchor new clarity into *actionable, measurable change*

**Structure:**

* 3-part framework: Become Self-Led | Detach from Parts | Roadmap of Intention
* Micro-actions mapped to Strategy + Authority + Parts
* Uses Suzy’s Four Horsemen as the diagnostic entry point

### **Testimonials**

“Heather doesn’t just give advice—she sees the patterns behind the blocks and helps you *become* the version of yourself who no longer feels stuck.”  
 — Sarah, client navigating divorce, co-parenting, career pivot, and health

“She’s a guide, teammate, mirror, and motivator. Coaching with her is like stepping into a brighter, braver version of yourself.”  
 — Deb, coaching client

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## **Heather Whitaker – Who I Am as a Coach**

### **The Problem I Solve**

I help high-achieving, emotionally intelligent individuals who feel stuck—even though they “should” be thriving—reconnect with their authentic self so they can take clear, aligned action.  
 Whether the block is over-responsibility, fear of failure, or internal chaos, I guide clients to untangle the root of their hesitation and build a decision-making system they can trust.

I don’t just deliver insight. I create transformation that moves.

### **My Secret Sauce**

**I’m a clarity catalyst.** My power lies in seeing patterns others can’t — and reflecting them back in a way that activates change.

#### **What I do instinctively:**

* Diagnose the true block (not just the surface behavior)
* Translate confusion into self-trust
* Build emotional safety so real transformation can begin
* Co-create a personal roadmap using your own blueprint — not someone else’s formula

Clients tell me:

“That’s it. That’s what’s been in my way for years.”  
 “You just put words to the thing I couldn’t name.”  
 “I feel like I know what to do for the first time in a long time.”

### **What Makes My Method Unique**

* **The Insight Mapping System** – A 16-step framework that integrates Human Design and IFS (Internal Family Systems) to move people from stuck to self-led
* **Values Bridge Lexicon** – Aligns decision-making with your actual values, not external pressure
* **Micro-Actions that Stick** – Clients leave with clarity *and* a next step they’re excited to take

### **Why This Aligns with Becoming You**

* I help clients address *Suzy’s Four Horsemen* (Experience, Expedience, Expectations, Economic Stability) by identifying the IFS parts that drive them, then reorienting them through Human Design authority and values-based action.
* I can confidently lead workshops, serve as a trusted overflow coach, or mentor future Becoming You graduates through the next phase of their journey.
* My Insight Mapping System is the perfect *continuum* to Suzy’s method — it gives clients a structure to stay clear, act courageously, and live aligned.