

[00:00:01.390] - Lisa Qualls

Welcome to the Adoption Connection Podcast, where we offer resources to equip you and stories to inspire you on your adoption journey. I'm Lisa Qualls,

[00:00:10.290] - Melissa Corkum

and this is Melissa Corkum. Don't worry, we get it, and we're here for you. We often have opportunities to be guests on other podcasts, and we've had some great conversations. We would hate for you to miss them.

[00:00:26.450] - Lisa Qualls

Because we're taking the month of July off from recording new episodes, we thought it would be the perfect time to share some of those interviews with you right here on our podcast. This is one of our favorites. We hope you enjoy it.

[00:00:43.690] - Mike Berry

All right, everybody, we are so excited for this episode of the Honestly Adoption Podcast, because if you were at the Insight Conference a couple of weeks ago, then you got to hear our very special guests, Melissa Corkum and Lisa Qualls, talk about how the Enneagram can help us become better parents. And first of all, that session was amazing, and we're still getting comments about that. People loved it. This is such an enlightening topic. So I'm excited to welcome Lisa and Melissa to the Honesty adoption podcast. Ladies, welcome.

[00:01:21.730] - Lisa Qualls

Thank you so much. It's always exciting to be here.

[00:01:24.720] - Melissa Corkum

Yeah, thanks for having us.

[00:01:27.070] - Kristin Berry

So we're really excited because. One. You guys are just friends of ours and people that we respect. And so it's exciting to get to spend a little bit of time talking to you. But it's also really exciting because we're talking about the Enneagram. And you guys are doing some special work within the understanding of the Enneagram and how that functions within the context of foster care, adoption, adoptive families. Can you tell us a little bit more about that?

[00:02:00.790] - Lisa Qualls

Well, we both discovered the enneagram at about the same time, I think, but independently of each other. And when we started talking about it together, we were both just so impacted by the way it helps us understand ourselves, how it helps us understand the people we love, our kids, our spouses. And we were also so interested in the fact that it actually doesn't just talk about what we do. The Enneagram goes much deeper into the motivation behind what we do. And so it really explores deeper matters of the heart, I think, and it can help us see a path for growth in our own lives. I hope you have a good editor, how we connected on it and what we decided to do. Melissa?

[00:03:05.100] - Melissa Corkum

Okay, sure. Yeah. So Lisa and I came together because of similar adoption experiences, found that we both love the Enneagram, and we would have these side conversations in between some of the other work we were doing with the Adoption Connection. And the Enneagram, because it tells us why we do what we do, obviously has a Bazillion applications, right? People are using it in business and in parenting and for self discovery and personal development and all of these things. And we just kept coming back to how it explained so much of our own personal experiences through foster care and adoption. I mean, me as an adoptee, Lisa as a birth mom, us both as adoptive parents, how it explained differences in how we experienced our adoption stories from our spouses, how our kids experience us as parents. I mean, it just kept going on and on and on, and we just kept thinking, there is something to this. And we were having these AHA moments that we felt like we needed to share these with the community because there's so much depth and richness and overall benefit. So here we are. We're like, going deep in both the adoption and the Enneagram.

[00:04:19.250] - Lisa Qualls

Okay. We had the opportunity right at the beginning of sort of the Covid pandemic shutdown, we had the opportunity to become certified as Enneagram coaches through Jeff and Beth McCord and the Your Enneagram Coach program. And so that was really exciting because we started thinking, wow, how can we use this to serve our people? This is such a transformative tool. And so, yeah, we've been thinking about it the whole time we were going through our training. We're like, that could be helpful. That could be helpful.

[00:04:53.450] - Mike Berry

Yeah, I guess, going back to the Inside conference, which I just mentioned a moment ago, that's the reason why we invited you guys when we first started talking back in the winter about Insight, when we talk about us as parents, there's been a lot. We all attend conferences and we attend seminars and we've talked about every topic under the sun when it comes to our children. But when it comes to us as caregivers and what makes us do what we do or think the way we think, I think the reason why we jumped at the chance to have you guys join us for the Insight conference is because that's not a conversation we're having very much. I mean, we talk about self care. We've talked about self care. I've been to workshops about that and been to seminars about that. But when it comes to getting into the inner workings of our personalities and why we respond to certain behaviors, that we respond to them, I think this is really unique because it goes way past just like the surface. Like, you're tired, you're exhausted, and that's why you're frustrated. Okay, well, I need to know more than that. Like, how do I get to a place where I gain such an understanding of myself that I can begin to take a step back and really understand, okay, I see this this way because of this. I don't know if any of this makes sense, but that's why I think the conversation you guys had at the conference was so important. That's why I'm excited for the conversation we're having today as well.

[00:06:38.730] - Melissa Corkum

Yeah, I think there's so many blanket statements that we try to use in the adoption world. All of our kids have a shame core that is easily triggered. All adoptive parents need to self care in this way x, Y and Z. And the thing is that there's always these outliers, right? And that was my experience as an adoptee, is people were saying, all adoptees feel this way, and that wasn't my experience. And so I think what the Enneagram does is it helps us be a little bit more nuanced about my child is acting this way possibly because of trauma, but also possibly because of some other core motivation. Or my selfcare as a 7, it might look different than Lisa, your selfcare as a 3. At least the thing that's going to be the most efficient, the most effective way to get me back to my best version of myself. And, yeah, so I think that nuance is helpful because we don't have time as adoptive parents, exhausted adoptive parents, right, to try all the things. Wouldn't it be great if we had a tool that helped us try the thing that was going to be the most helpful for us and our families?

[00:07:48.870] - Lisa Qualls

And I think the Enneagram too, when we begin to understand our deepest core longings and our deepest struggles, it can help us. We're all trying to be the best parents we can be and it can help us, once we identify those, to know when we're starting to drift away from our healthiest version of ourselves. I think Beth McCord talks about it as enneagram, it's kind of like an internal GPS that gives us a path to follow and that when we drift off, we begin to hit those rumble strips, like on the side of the road. And it's like a warning sign, like, oh, I am heading in a direction I don't want to go. I'm going to bring myself back to the balance middle.

[00:08:30.630] - Kristin Berry

So it sounds like understanding a little bit more about the Enneagram helped you to understand yourself, your spouse, your children. What changed once you started to have that understanding? Can you give us some examples of what that looks like, to really understand yourself, first of all, and then begin to understand the people around you?

[00:08:56.430] - Melissa Corkum

Well, I can speak for me, my dominant type is a 7. And so for those of you who aren't familiar, that just means that my kind of core fear is that either I won't be taken care of or I'll be trapped in boredom.

And so my coping mechanisms look like trying to find the bright side of everything, avoiding pain, over thinking things to the positive, kind of reframing in real time. But when I'm stressed, a couple of things can happen with a seven. But my kind of typical move is to go towards a one. The critical side of a one are what we call the improvers, right? So their superpower is that they're helping make the world better. And their Kryptonite is that they kind of look at the world with a critical eye because they see so much that can be improved. And so that's what I tend to do when I'm stressed, as I tend to get very critical of usually the people around me, not even myself. And so, without the Enneagram, I walk into my house that has a lot of people and currently a construction situation going on, and I see all the mess and it becomes about everyone else. Why can't anyone put their crap away? Why is this person doing this thing? Why is that person leaving their dirty dish here and that thing there? And it becomes about everyone else's problem. Now, with the Enneagram, my rumble strips are that critical nature in myself. Now, I know that, knowing is half the battle. And so when I walk into my house and I feel that critical spirit raising in me, I think, what's going on with you? How was your day? Do you need a little bit of self care or a little bit of time alone or recharge? It's about because my house obviously is kind of a mess all the time. And so why is it that on a Tuesday afternoon, after walking into it five previous days without saying anything, I walk in on a Tuesday and erupt and all of my people are like, what the heck, what happened to you? Right? And so then I am self aware enough about myself to know, one, I should just keep my mouth shut and go for a walk. And two, it's not about them, right? It's about me.

[00:11:13.030] - Mike Berry
Yeah.

[00:11:14.490] - Lisa Qualls
So for me, I am a three, which means that my core fear for the most part is feeling incompetent, appearing worthless, failing is just terribly, terrible, painful for me. And so, when I think about that in terms of my general parenting, let's not even talking adoption, I began to really understand why I would have this sense of anxiety when I thought my kids were going to fail and why it was so difficult for me to let them fail. How I wanted to kind of protect them and shore them up so that they wouldn't have to experience this. Because to me, that is a devastating feeling. But the truth is, my kids aren't wired the way I'm wired necessarily. They are their own dominant Enneagram type and I have one that has identified herself as the same number as me, but the others are very, very different. And so I was really placing my idea of success and failure on my kids in a way that really was not helpful. And so when I realized that, I also began to realize that when I'm in stress, Melissa moves toward that perfectionism, I move between two other numbers, between a six and a nine, and a six tends to function under stress with a lot of fear. And that's where I go. So I would tell Melissa for a long time, I'm just an angsty three I'm just an anxious three. But I realized it's more than that. It's that move in both strength and weakness to a six. And then when I'm in really extreme stress, like deep grief, I make a move toward nine and I just shut down. Because when a nine is in stress, they shut down. So we're throwing out a lot of numbers there. And I know for people who aren't familiar with the Enneagram, you might be thinking, what on earth? But I don't think we even explained that with the Enneagram, the Enneagram has identified nine basic personality types. So nine different colored lenses through which we all see the world. And when you understand that we believe that you are born with your type, you are wired and created in a way to be your particular type. And when you can figure that out, then it helps to make sense of a whole lot of other things.

[00:13:44.690] - Mike Berry
Yeah, I'm truly fascinated by it, and I still haven't figured out, at least I think that the reason why you and I have had a lot of conversations around what we do as coaches and writers, especially. I think we've kind of teetered on that, like, oh, my gosh, this is hard. This has been frustrating. I feel defeated by this. I'm guessing I may be right along the lines with you in terms of the number that you are, because I feel the same way I am like, man, in terms of failure, self doubt, all those things. I wrestle with that stuff all the time. Even if right in front of me, I can just point to like, five big wins, I wrestle over that. Now back to what Melissa said about rumble strips. You guys both made this comment, and I love that illustration because one of the things that we do in our approach with the Honestly Adoption Company is we want to help parents become the best parent possible. Like, all of our resources, all of our training, all of our coaching goes towards that. And that's the reason why I'm so fascinated by this conversation, because I think it does. It helps us become the best parent possible.

But if you guys could speak to that, how does understanding your motivation, understanding your motivation, the way that you tick, for lack of better way to say it, how does that change the way that you interact with the world? How does that change how you interact with your family? Because you guys have mentioned that. But I would love for you guys to speak to that a little bit more in depth.

[00:15:26.070] - Melissa Corkum

I think understanding brings us it's like the beginning of change, right? And so we've explored some basic concepts with groups of adoptive parents, and one of them is, why did we adopt in the first place? Right? Because that's the kind of nexus of our expectations for what we thought adoption might be. And it's so fascinating whenever we have this conversation. One is some people had never really thought too much about it. But two, it almost always comes back to our core motivation, right? Why we do what we do, why we adopt. And so when we start exploring that, and then we can kind of start to untangle our expectations and the things that we're projecting on to our kids and separate that from our own stuff, that changes everything.

[00:16:20.670] - Lisa Qualls

I think that's been one of the most interesting questions we've asked in our groups where we're discussing the enneagram and adoption is, what do you think led you to that decision, and how does that relate to your number? And in my own experience, being a three, being a mom was something that I felt really successful at. I felt like I was a good mom. I loved being a mom. I loved my family. And I just thought it was sort of like this meeting of my faith and my experience and how I'm wired as a person all coming together to lead us to say, you know what? We love being parents. We think we're doing a pretty good job. We would love to parent more children who need a family. Now, when it became so much harder and complex than we ever, ever dreamed, which I know every single one of us here can relate to, that when it became so difficult, it really shook me to my core because my kind of identity as being a good mom was so shaken. And, you know, I already mentioned that the core fear of a three is failure and also public failure. Not just private failure, but even more so, public failure, which I think Mike was addressing. You know, for me to go from feeling like, hey, we're a pretty good family, to we are a huge mess, maybe I am not a good mom, and in fact, maybe I never was in the first place. That was a true deep crisis for me. And I've talked about this before, but in that time period, I wrote a blog post called I used to be a good mom because that felt like it had been stripped away. When I learned my dominant type, I was like, oh, my goodness, this makes so much sense, why that was so incredibly painful and truly devastating to me.

[00:18:27.010] - Kristin Berry

So when you're asking people, what's your motivation behind adopting, for instance, how does one answer that question? How do you find out personally what's my motivation behind the things that I do?

[00:18:43.090] - Melissa Corkum

I think just to give a kind of general tour around the enneagram for some ideas, because sometimes this can help people start to whittle down, I'm definitely not this type, but I might be this type for 1's, they just want to be good. And so they might have adopted because of the sense of, like, it was the right thing to do. And that was my husband. He decided in middle school. He saw kids without families in his job. And he thought the right thing to do is to not necessarily bring more children into the world, but to give kids who don't have a home. And for twos, they love to be needed. They love to be helpers. They love connection and relationship. So a lot of twos will say, I just wanted to help. I just wanted to help another child. Lisa talked a little bit about threes. Even if it's not the reason why they adapt, they go and thinking like, we can do this, and we're going to do it. We're going to succeed at it. We're going to do it all the way. Fours, a lot of times don't mind hard, big feelings, right? They're not intimidated by some of the stories of our kids. Fives love information. A lot of times they're the ones, it might not be exactly why they get into adoption, but they'll research the heck out of it right before they ever make a move. Sixes are very loyal. They can be very angsty and anxious, like Lisa mentioned, but they're also very loyal. And so if they get it in their head that that's what they want to do, like, they're loyal almost to a fault. Sevens, which is what I am, we always think it'll be fine. We're like eternal optimists. And so I always joke, my husband thought he might have been a seven for a while, and I thought I might have been a one for a while. And sevens and ones share a line, so there's

a lot of common characteristics between the two. Once we figured out the enneagram, we went, oh, well, of course that makes sense. Of course, that's how we got ourselves into the kind of the quote, unquote mess we got ourselves into by adopting three kids out of birth order who weren't related, who are all teenagers. Like, only someone who says it'll be fine that sounds fun would get into that, right? It's just crazy. And then eights have a huge sense of justice and will fight for an underdog, right? And so if you think about how an eight might see a child who hasn't had a fair shot at life. And nines want everyone to be okay, they want peace in all things. And so I think sometimes they think, I can provide that sense of peace to a child in my inner circle by bringing them in. So that's just like a real top level overview.

[00:21:41.710] - Lisa Qualls

One funny conversation we had, Melissa, we were talking about how we approach this so differently, and I remember you saying that one of you was filling out paperwork. Was it Patrick, or you? And said, called over their shoulder to the other one, how many kids should we adopt? And you're like, oh, I have three. We can do that. For us, it was like, okay, this is a very serious conversation. How many kids can we adopt? And I was more, I think, optimistic than Russ because I had this sense of confidence, but it was like it was a big conversation where for you guys, it was like, yeah.

[00:22:21.640] - Lisa Qualls

It's exactly right. I was like, they're asking us how many kids we'd like to adopt. And he was like, I mean, I think three sounds good.

[00:22:30.490] - Mike Berry

Drew a number out of a hat. This is a good one right now. Like a powerball number.

[00:22:35.020] - Melissa Corkum

I know. And I was like, now they're asking what ages? And he was like, well, toddler adoption hasn't been like, we'd already adopted our youngest son. He was like, I mean, whatever. Just tell them, like, zero to 18. Just put down whatever they need. It'll be fine. And here we are.

[00:22:54.310] - Mike Berry

I don't know if that I don't remember those kind of questions. Kristin, did we get asked those kind of questions? It was a long time ago. There you go.

[00:23:02.600] - Kristin Berry

Probably not listening. What do you think? And you're like it's fine.

[00:23:11.150] - Lisa Qualls

Here's the thing. If Mike is a three like I am, we highly value efficiency and getting things done. So we don't like to get bogged down in the nitty gritty. Like, let's just make this decision and move on, because there's so much to do. Which drives my husband crazy, because he identifies as a one. And ones want to do everything correctly. They want to do everything right. And so me, I'm like, interesting. Fill out the paperwork. Let's go. Let's go. And he's like, okay, no, we need to crunch all these numbers and figure out all these things and square footage or something of each bedroom. I don't know. He's a detailed guy, and so you might have missed a few of those details, Mike, if you're a bit like me.

[00:23:54.590] - Kristin Berry

I don't remember that. And it's so funny that that's what you just said there, because I was thinking back to we were foster parents, so there are some parameters within which you can do. But when we did do private adoption through an agency, I remember filling out the box that said we would take twins or triplets. I mean, I thought, what are the odds? But somebody gives birth to triplets, that's probably fine. So I'm fascinated and truly perplexed by this conversation right now as I'm listening to your explanations about things. And, like, I know that this would help us to understand one another, but I'm still confused about where we are when I think about motivation.

[00:24:38.040] - Mike Berry

Yeah, there's another aspect, too, that just all of a sudden occurred to me in those early days of filling

out that paperwork. At least, I think you're right. I think it was that, as you explained, that, let's just get it done. Come on, let's move through this. I do have that with a lot of things. I don't recall 19 years ago, if that was the case, but that sounds a lot like me. But the other side and this may be a whole other different conversation, but the other side of me is that in those days, I was really resistant to adoption and my heart had yet to really change. And I did have a changing, a moment of change in those early days. But I think in that early stage when we were filling out the paperwork, there was kind of like some denial. They're like, yeah, we're going to do this. Okay. And then in my mind, I'm like, I don't know if I want to do this. I'm not sure if I want to. That may prompt a whole different conversation. I don't know if that plays along with this right here or what number I am, if that also bodes with the number with the threes, but that's also where I was at. I don't want to do this, but okay, let's do this.

[00:25:50.620] - Melissa Corkum

Well, I think as you kind of try on different numbers on the forward thinking, future facing self, and three numbers on the enneagram are threes, sevens and eights. And it's hard for me to think backwards into the past, but as people were describing what were kind of stereotypical seven behaviors because of the way we're motivated, I started having these flashbacks from the past. People would say, like, sevens, they have this fear of missing out, like they want to be everywhere. They just love all the things. At that point in time, I thought I was a one just because of life. And so I was in the details. I was criticizing everyone. And I had this moment where I remember as a child sitting on the steps in my house and my mom, it must have been like a Saturday, my mom was going to the grocery store and my dad was going to run errands, like to Home Depot or something, and we just had to go. I was young enough that I couldn't stay home alone, and I had to go with one of them. And my other siblings were like, they made the decisions. And I was in tears on the steps because I was thinking, I don't know which parent to go with because I might miss out. Like I wanted to be in both places because I might miss it. Something exciting might happen with one or the other and I don't know where to go, right? And I'm thinking like quintessential seven moment. So I had to really think back. And this is why working with adoptive and foster families, I think is so interesting because let's be honest, we're living in kind of chronic states of stress, most of us, right? And so that changes the way that our dominant type shows up in the world. And Lisa has had some experience with us too. I think it causes us to mistype or misidentify sometimes because we're thinking about our behaviors right now. And some of us have been in this chronic stress for a decade or longer, and we don't remember who we were as carefree 20 something year olds or seven year olds. But that's really where we see kind of the purest version of our type play itself out. And so it does take a little bit of self reflection and thinking.

[00:28:16.890] - Kristin Berry

I love that. My mom and I were talking about this, too. And I know that's a lot of the advice into kind of trying to find your number is to think back. And I love that you said carefree 20 year old. Mike's known me since I was 19. Have I ever been a carefree anything? I'm like that doesn't apply. I just had, like, a little chuckle because I was like, no, I'm going to right the wrongs of world and have been like that since I was little, whether that's injustice or, you know, the way the silverware drawer is organized. And I'm not talking about as a mom. I'm talking about as a child. I used to get kids to trade me things for organizing their desks. I did not initiate that. Kids would say, like, my parents were really frugal. So kids would say things like, I'll give you my special colored pencils or my Sassy magazine or something if you organize my desk for me, because I was really good at getting everything.

[00:29:22.670] - Mike Berry

You also just stated yourself right there, too, when you brought up that Sassy magazine. It's like the 80s, man.

[00:29:28.440] - Kristin Berry

Well, I wasn't allowed to have that. But mom, if you're listening, Sassy magazine.

[00:29:39.390] - Mike Berry

Okay, you talk about carefree. The word carefree with Kristen, it's like she cares deeply and she loves free stuff. That's as far as you get carefree right there. That's it right there.

[00:29:55.280] - Lisa Qualls

Well, Kristin, I resonate with that because I was never carefree either. Because I was always concerned with what do I need to do next? And I particularly remember having a teacher in late elementary school who honestly, for some reason, didn't like me. I don't know why. I was new to the school. And I remember thinking, what can I do to earn her love? I mean, not really her love, but I remember drawing things for her. I wrote an entire book of poems for her, and I gave it to her. And you know what she said? She said, you didn't write these yourself. I mean, like, stab a three's heart. I just wanted so much like, oh, my gosh. The way I was wired is, if I do this, will you love me? This will you love me? That is deep in me. I have to really watch myself. What do I say yes to and why do I say yes to things? And why do I say no to things? Is it because as a three, we feel like we have to earn love through what we do?

[00:31:04.810] - Kristin Berry

Right. That is so interesting because that's what I find fascinating about this, because my reaction to that is if the teacher treated me that way, I would bring her to justice. And I'm talking about a third grader. I would have written a letter to the principal. I would have brought my parents in for a conference. I would have had the 25 examples of how the teacher was treating someone poorly, and I would have had it organized in a folder.

[00:31:33.190] - Mike Berry

For the sake of conversation, Lisa and Melissa, coach me on this one because my response would have been like, in my mind, I would have been like, that's not going to happen. I'm going to tell that teacher, I'm going to give that teacher, I'm going to read them the riot act. Right? But I'd never actually do that. It's the big talker. No action. I would think in my mind, oh, it's on. But then I would never do anything about it. I would just quietly sit at my desk and think, be sad, but never do anything about it. That would have been me as a kid.

[00:32:11.800] - Melissa Corkum

I can eliminate 8 for you. Mike. You are not an 8.

[00:32:17.710] - Kristin Berry

You know what I think is interesting is that even in having that conversation, as we listen to the heart of you, Lisa, and what was driving that, I think, had I been your mother in that situation, I would have had every administrator at the school dealing with that nonsense. But you might not have accepted that response very well. And that is a place where I find my interaction between my personality and the personalities of my eight children come to a clash. I'm literally enraged that a teacher didn't like you, Lisa. I'm sorry. I can't imagine anybody not liking you. This is really upsetting right now, but I'm very much caught up in your teacher's business right now. But I'm thinking, how can we start to understand ourselves and then start to understand our children? Because, Melissa, you said something about getting to the heart of what that is. What does my child need? How is my child processing this? What is their personality thinking and doing? What's their motivation behind that? How can we start to understand ourselves and our children and address their needs better?

[00:33:39.610] - Melissa Corkum

Well, I mean, I think the first thing is with the Enneagram, at its core, it's a personal development tool. It's a journey of self discovery. And so many people are always like, but what about my kids? Right? But the thing is and we've had this conversation in multiple different venues, we can only control ourselves and don't underestimate, and there's brain science to support this, how okay you are and how that impacts the rest of your family, like your level of self awareness and okayness. And all of those things. I think Lisa and I would both say tests in the enneagram world are overrated. It was not designed for an assessment like so many of the other personality tests that kind of start with an assessment. The Enneagram doesn't really start with an assessment. And because we're so interested in how this affects the dynamics of our entire family, I would say get a book or start listening to podcasts and start just learning about the nine types. We love the book, What's Your Enneatype? It's a bright, colorful book by Carver and Green, and then podcasts. Lisa loves Typology with Ian Morgan Cron. And I enjoy it as well. But my personal favorite is the Enneagram Journey with Suzanne Stabile. Both of them are solid teachers, both believers, and just bring a depth to the

Enneagram. And so you can start to listen to interviews with specific types. Most of them say it right in the title of the podcast and just start learning. And the journey of discovery in the Enneagram is just as important as when you're able to land on a dominant type. It's like the whole thing is a journey, and there's some flagship moments along the way. So don't think that you can't use this if you don't know your dominant type. This whole learning process is really valuable.

[00:35:40.210] - Lisa Qualls

And while you're working on discovering your type, you will learn so much about the other types that that will benefit you in relationship with other people. I mean, it honestly took me a long time to figure out my type. And Melissa and I have had many conversations as I've tried to figure it out, and I just wasn't sure. And then one day, I had this moment when I remembered something, a key thing. And I called Melissa and I said, okay, I did just remember the award I got my senior year of high school, and it was the only one I wanted. I got most likely to succeed. And I thought, okay, that's pretty three-ish to get Most Likely to Succeed. Whether or not my classmates would think I succeeded now, I do not know, but that was very important to me then.

[00:36:28.750] - Mike Berry

That's awesome. I'm smiling right now because I got that award myself. I'm like, oh, my God, this whole podcast interview right now is freaking me out.

[00:36:43.630] - Lisa Qualls

Mike. I always knew that.

[00:36:46.690] - Mike Berry

Tell me about your relatives, because all of a sudden we may discover that we are family or something like that. That's so funny.

[00:36:54.880] - Melissa Corkum

Well, that's the beauty of The Enneagram though, right? People start to have these. Oh, you too? Like I thought I was alone. I thought something was wrong with me. I thought I was the weird kid because and then, guys, only nine types. There's a lot of nuances, right? We're not all cookie cutters, right? Obviously, Mike, there's some personality traits that are different than Lisa's, even if you guys are the same dominant type. But these core things that tie us together, I mean, only nine for all the billions of people in the world. And it's amazing what we start to find in common. And you guys know from what you do with Honestly Adoption, a sense of community is exactly, really powerful in the foster adoption world.

[00:37:32.960] - Mike Berry

Yeah, to find out you're not alone. I mean, this just strengthens that idea that we're telling parents. Like, guys, when we say you're not alone, like, check this out, you really are not alone. There are people out there that feel and think the same way that you do. I think that's just really encouraging, really powerful. I agree with Kristin, and this is a fascinating conversation. We can just keep going on and on. But let's talk about how people can connect with the two of you and what you guys are doing with The Adoption Connection. And then also with coaching. You guys do coaching just like we do. What does that look like? What is a coaching session, if I can say that right, look like with you guys? So let's talk about how they can connect with you and then walk us through what a coaching session looks like.

[00:38:26.990] - Lisa Qualls

Well, people can find us in a whole bunch of places. We have a podcast. The Adoption Connection podcast. We have a website. The Adoption Connection. We're pretty much the adoption connection everywhere. Facebook, Instagram. But we also have launched a group, the Enneagram and Adoption Collective, and that's just for adoptive and foster moms, but that's where we're having these rich, deep conversations. In addition, we do offer private coaching. Melissa, do you want to talk a little about that?

[00:38:57.200] - Melissa Corkum

Yeah, I was going to say the conversation in community when it comes to the Enneagram, I think is super powerful. And that's why we're so excited about the collective. We do do some private coaching. So if you're really interested in if you're really confused about your type, although you don't have to know your dominant type to join the collective. So we get asked that question a lot because we can help you figure out that within the context of that. But we do some private coaching. If you want to do a typing session or if you really want to dig a little bit deeper, or if you want to have one of us work with maybe your entire family. Sometimes when you have kids who are a little bit older, we work with a lot of parents with teens and young adults. Just reach out to us through the website or send us a DM on Instagram and we can tell you more about that.

[00:39:47.640] - Mike Berry

Yeah, I'm also going to mention real quick that if you guys who follow us regularly are on our site, we also feature The Adoption Connection over on our resources, our partner resources, because you guys are amazing partners with us in this great journey of helping parents succeed, helping parents become the best parent possible. So jump over. I think it's resources. I'm going to make sure I got that right here. But that's where you guys can also find more about you guys. So, yeah, you guys really are everywhere. You're even over on our site. So there you go. Guys so much fun. This has been great.

[00:40:26.990] - Lisa Qualls

Thank you. Thank you so much. The one thing I don't know if we said, but I think it's important to say is that really, the enneagram gives us more compassion for ourselves and more compassion for the people we love and the people we interact with. And as spouses and parents and friends and everything, the more we can kind of get our heads around the fact that people do not see the world, they don't experience it the same way we do, then we can have so much more compassion for them. And I personally think that's one of the most beautiful parts about it.

[00:41:01.180] - Mike Berry

Yeah.

[00:41:03.410] - Kristin Berry

Well, I still firmly believe that I do everything right and it should all be my way, but I'm really happy we talked about this.

[00:41:13.400] - Mike Berry

Clearly, we need a coaching system ourselves.

[00:41:16.910] - Kristin Berry

I'm just kidding. But I do think that opening our minds to other ways of seeing the world around us really can help us to understand our family members well and to be the kind of parent that I think we always dreamed of being, no matter what our motivation was behind that. So, Lisa and Melissa, thank you so much for taking the time to talk with us today. We appreciate you so much.

[00:41:43.730] - Speaker 3

We appreciate you guys, too.

[00:41:49.770] - Melissa Corkum

We hope you enjoyed that conversation as much as we did. Even though the podcast is on summer break for July, we are still meeting at least weekly in The Village, and we'd love to have you join us. To find out more information, visit theadoptionconnection.com/VILLAGE. As a valued podcast listener, we'd like to offer you half off of your first month. Just use the Code podcast when you check out. Before you go, we'd love to connect with you on social media. Our new Instagram handle is @postadoptionresources. Or better yet, join our free Facebook community at theadoptionconnection.com/facebook.

[00:42:29.730] - Lisa Qualls

Thanks so much for listening. We love having you and remember you're a good parent doing good work.

[00:42:37.950] - Melissa Corkum

The music for the podcast is called New Day and was created by Lee Rosevere.