



Short Bio:

Stephanie Mason is the creator of the ING energy framework. She is the author of "7 ING energy Types: From Quirks to Strengths." Over 35 years, she studied human behavior and spiritual design. She conducted more than 1,000 sessions with individuals seeking clarity. Her core insight: identity and purpose are the same discovery. Your ING energy reveals both answers at once. She lives outside Saginaw, Michigan.

Long Bio:

Stephanie Mason is the creator of the ING energy framework and author of "7 ING energy Types: From Quirks to Strengths." Over 35 years, she studied human behavior and spiritual design. She conducted more than 1,000 sessions with individuals seeking clarity about identity and purpose.

Her revolutionary insight changed everything. Identity and purpose are not two separate struggles. They are the same discovery. Your ING energy reveals both answers simultaneously.

Mason's framework identifies seven distinct ING energy types. Each type reflects a unique way people are naturally wired. The seven types are: perceive ING, serve ING, teach ING, encourage ING, give ING, lead ING, and mercy ING.

Her work helps people stop struggling with their natural design. Instead, they embrace their Truest Self. The book has earned five-star reviews on Amazon. Early readers consistently report feeling "finally seen."

Stephanie teaches through her book, online courses, speaking engagements, and one-on-one coaching. She lives outside Saginaw, Michigan.

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