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Self-mastery And Authentic Communication With The Enneagram



Use this powerful tool for personal and collective transformation to help you understand your true nature, deep seated beliefs, frequent tendencies and what gifts you are naturally endowed with that will dramatically improve your relationships – and fulfil your highest potential.

Synopsis

We each have so many unique gifts to share. And yet, no matter how long we've been on some kind of path of personal development, we often get stuck in unconscious habitual patterns that don't serve us – or anyone else, for that matter!

How many times have you wondered to yourself if you were living a life of meaning and purpose and then decided to postpone the conversation with yourself? When you get triggered in this way, it can negatively impact personal growth, relationships, your health and well-being – as well as your ability to tap your latent gifts and bring your full potential to all that you do.

When faced with challenges, all sorts of “symptoms” arise – both big and small – that point to the fact that you are unconsciously engaging in some unhealthy habitual patterns. Different types of people respond differently. Here are some symptoms that you might experience.

You could:

- Become overly perfectionistic, not wanting to let go your need for correctness.
- Get angry when others are not up to your mark.
- Ignore your own needs in favour of others' needs.
- Need to satisfy others and serve others without deliberation.
- You live to work and can't seem to rest and relax.
- Constantly idealize success and wealth and are never satisfied with what you have.
- Feel disconnected and that others' just don't understand you.
- Feel the world and all around you is never satisfying enough.
- Constantly seek your own time and space and push others away.
- Pull away from talking about feelings; prefer detachment than getting involved.
- Are preoccupied with safety and being secure without any form of risk taking.
- Greet everything with a doubting mind and worry that the worst will happen.
- Procrastinate because you fear making wrong choices.
- Overindulge in many activities and making others happy.
- Can't commit because there is too much new and happy experiences.
- Intimidate others by being aggressive, intense and impulsive.
- Put up a strong persona and deny your own sadness and vulnerability.
- Have difficulty saying “no” even though you want to and resent/regret it later.
- Ignore your own needs and just be satisfied with whatever happens.

Objectives

In this workshop, you will learn to...

Use this powerful tool for personal and collective transformation to help you understand YOUR true nature, deep seated beliefs, frequent tendencies and what gifts you are naturally endowed with that will dramatically improve your relationships – and fulfil your highest potential.

By increasing your knowledge of the Enneagram's nine distinct strategies for relating to yourself, others and the world, you'll gain a deeper understanding of your TRUE authentic nature, so you that You can access YOUR unique gifts. Additionally, you'll discover an enlightening, expansive perspective about what motivates you and the people around you – which can bring more awareness, understanding, and harmony to ALL of your interactions.

As you embrace more of the deep wisdom of the Enneagram, you'll experience life with far less rigidity – and more grace, ease and flow – and you'll become more empowered to elevate ALL areas of your life.

With insights from WEPPS, you'll tap into a blueprint of your deepest thought, feelings and insights that were hiding in you for years.

You will you discover:

- Find what you were truly meant to do.
- How to acquire balance your physical, emotional & psychological gifts.
- Maximize the strengths of YOUR personality type.
- Build authentic relationships at work and with your loved ones.
- Improved well-being and happiness.
- Increased awareness & self-acceptance.
- How to find inspiration & your enduring.
- A clear perspective of why people are different and how to live with those differences.
- Capacity to creatively navigate challenges.
- Ability to use your gifts to better our world.
- Skills for resolving conflicts with different types of people.
- Renewed sense of hope and purpose when upon recognizing yourself with new lenses.

Sign up today to receive the WEPPS (Wagner Enneagram Personality System). Each of your innate gifts is truly needed to help humans to evolve, awaken, prosper – and create a healthy world in which all people can thrive and flower – personally, relationally and collectively.

About This Workshop

This program offers a powerful and dynamic personality system that describes nine distinct and fundamentally different patterns of thinking, feeling and acting. The tool enables individuals within organizations to understand their own and others' motivations and behaviour patterns, and to communicate and work more effectively with each other. You will never look at each other the same way after this workshop.

The word "ennea" is Greek for nine and "gram" means model or figure. Hence, the Enneagram is a diagram or star with nine points representing the nine personality patterns. Each of these nine patterns is based on an explicit set of perceptual filters that determine our worldview. Underneath each of the nine patterns is a basic proposition or belief about what you need in life for survival and satisfaction.

Offering a framework for personal and organizational transformation, the Enneagram encourages personal responsibility, supports continuous improvement and fosters open communication. The Enneagram is effective in many business and organizational applications, including teambuilding, executive coaching, performance enhancement, communication skills, motivation, time management, negotiation, training and development.

The Enneagram demonstrates different points of view, strengths, limitations and communication styles for each of the nine types. It also helps team members learn how to prevent and handle conflicts, work with their blind spots and become more effective leaders.

As you discover your personality type and the underlying basic proposition, you also will discover what motivates you, your coping strategy and keys to personal development.



The style of this workshop takes into consideration all the 9 types in class where each becomes part of a panel and certain questions will be asked by the audience as to what, why and how they operate their life and what makes them different from the other types. The sole purpose is to appreciate the other types and understand others' strengths and potential areas of growth.

Attendees of this workshop claim that they have never known so much about themselves from a single workshop. The learning will help you explore deep patterns of thinking, beliefs, behaviours and values and what led you to become the way you are. The most valuable takeaway is the acquiring information on whether you are living on the resourceful side of your life right now or not and if it is the latter, this workshop will offer a roadmap for making a complete turnaround.

Participants Will Learn

- The theoretical framework on which the Enneagram is based.
- The key features of the nine Enneagram styles.
- The resourceful and less-resourceful cognitive, emotional, and behavioral schemas of each style.
- Identify unconscious patterns that trigger reactions and drive one's life.
- Observe the patterns internally.
- Start living life with a new pair of eyes that finally 'see' what's around you.
- Understand every person in your life and relate to them with ease.
- Cope with issues and reduce suffering.
- Improve personal, family and work relationships by discovering hotspots and sweet spots.
- Become a happier, more effective person.
- Discover latent talents and abilities which speak to one's purpose.
- Understand our predispositions to conflict and how they trigger people in different ways.
- Enhance communication and influencing through the understanding of our differences.
- Improve teamwork by dealing with each other based on our abilities and strengths rather than limitations.
- Be able to read people with a new understanding and depth.
- Practice techniques that will allow you to get in touch with aspects of you that you don't like.
- Understand all the personalities around you so that you listen with compassion, awareness and understanding.

Basic Questions About The Enneagram

1. What is the Enneagram useful for?

The Enneagram is mainly a diagnostic tool of one's emotional outlook on life. It will not cure one's problems, but may help point out their underlying fixations. It is also useful as a guide to how other people see the world differently.

The Enneagram has become particularly popular within the self-help and personal growth movements, but other professions use it as well, including therapists, teachers, psychologists, managers and businesspeople.

2. Don't people's personalities change all the time?

I have not heard of anyone's Enneagram type changing after early childhood, though I can't rule out the possibility. Most often, what changes is one's understanding of the personality one had all along. Major life changes most often involve discovery of inner strengths, and admission of weaknesses, that one actually had all along.

3. Doesn't the Enneagram just put people into boxes?

Actually it's the other way around, as Riso points out: the Enneagram shows you what boxes to get out of. Most people are not aware of their own fixations, or how powerfully they affect our consciousness.

4. Is one's Enneagram type inherited?

Somewhat. Most twins are different Enneagram types, although many are adjacent types.

5. Is your Enneagram type your whole personality?

No, even though well-meaning, enthusiastic Enneagrammers may give that impression. Tom Condon has remarked that one's Enneagram type is analogous to one's national origin – i.e. it is part of one's identity, while still leaving considerable room for individual variation.

About The Facilitator: Dr Granville Ed D'Souza



Granville is the Managing Director of EQ Asia Pte Ltd and Peak Performers, a consulting and training practice specialising in organisational behaviour and performance. He has for the last 19 years, been helping employees in organisations to approach their strengths and weaknesses through coaching and facilitative workshops that deal with team and individual behaviour. He has been actively promoting The Enneagram and teaching it for the last 10 years after he first studied with Dr Jerome Wagner in

2005. He has since hosted Dr Wagner's Enneagram Spectrum Certification and Advanced certifications in Singapore for the last 6 years. He is also now the only Certified Trainer by Jerome Wagner to be able to conduct the Wagner Enneagram Spectrum Certification. He has also studied with other Enneagram teachers like Russ Hudson and Ginger Bogda.

His programs have benefited a range of clients from MNCs, government agencies, local and regional corporations. This includes AMEX, Carl Zeiss, DHL, Tan Tock Seng Hospital, Parkway Medical Group, Gleneagles Hospital, Chartered Semiconductors, ASM Technologies, AIA KL, DBS Bank, Great Eastern, HSBC, Hilton and Conrad Hotels, KLM, Minolta, Hewlett Packard, IBM, Lucent Technologies, Morgan Stanley, Nokia Singapore & Japan, NUS, Ngee Ann Polytechnic, NOKIA, Oracle, OCBC, Perkin Elmer, RHB Bank, Seagate, Singtel, Singpost, Singapore Turf Club, Starhub, SIA, SPH, Shell, Wynn Casino, among others.

He has authored numerous articles for a variety of HR magazines, is the co-creator of the EQ Coach Cards, written 3 books entitled *EQ From The Inside Out*, *Unshakeable Spirit* and *The EQ Leader*.

Granville has a Bachelor of Arts, an MBA and a Doctorate in Business Administration from the University Of South Australia where he researched on Emotional Intelligence.

Workshop Details

Date: 6 & 7 December 2014 (2-day workshop).

Venue: T.B.A. (refer to www.eqasia.com)

Time: 9am to 5pm.

Full Fee: S\$580 per person.

Early Bird Fee: S\$450 per person (if paid by 8 November 2014).

Group discount of 3 or more: S\$400.

Includes Tea Breaks.

Workshop Bonus 1: One Profile x Wagner Enneagram Personality Scoring System.

Workshop Bonus 2: Debriefing with Dr Granville Ed D'Souza.

Workshop Bonus 3: Access to Enneagram Video recordings worth at least 15 hours.

Enquiries & Registration

Phone: (+65) 6474 1637 or (+65) 9732 1384.

Web: www.eqasia.com Email: info@eqasia.com

Registration: Self-mastery & Authentic Communication With The Enneagram

Name	Position	
Name	Position	
Name	Position	
Company		
Address		
Phone	Fax	Email
Cheque For (S\$) enclosed.	Date	

Make Cheques Payable To: "CEQ Asia Pte Ltd".
33A West Coast Park, #03-39 Botannia. Singapore 127727.

To Register: Print and fax this form to (+65) 6474 1647.
Workshop Dates: 6 & 7 December 2014.