

Enneagram Workshop

Timetable and Outline

Each day commences at 9.15am and concludes at 5.30pm, except Day 3 which concludes at 4.00pm. There are breaks for morning and afternoon teas and lunch.

DAY 1	<p>Introduction to the Three Centres and the Concept of Personality</p> <p>Enneagram history. Enneagram fundamentals and traditions.</p> <p>The Nine Enneagram types. The movement from Essence to the Passions.</p> <p>The activation of the Virtues and the return to Essence.</p> <p>The gifts to the world of each type.</p> <p>Discussion of wings. Common mistyping.</p> <p>Disintegration and integration. Where do I go under stress?</p>
DAY 2	<p>The Horney groups.</p> <p>Behaviour patterns in everyday life. Coaching and self-coaching questions</p> <p>Subtypes or instinctual variants.</p> <p>Levels of development. Compensating self concept. Wake-up calls.</p> <p>Red flags. Relationship to DSM.</p> <p>Points of addiction.</p>
DAY 3	<p>Exploration and role of the Passions.</p> <p>Biting the hook. Shenpa.</p> <p>Relationship interactions. The shift to undefended love.</p> <p>Jung's perspective on the ego. Constellation of complexes, alchemy.</p> <p>The cultivation of the Virtues.</p> <p>The remembering of the Holy Ideas.</p> <p>Closing.</p>

Depart at 4.00pm