



Enneagram Learning Lab: The Roadmap Back to Ourselves

(Online Zoom- each session 1 ½ hours)

This learning lab is divided into **three, 4-week courses** giving you the option of taking only one 4-week session, or diving deep with the entire 12-week session. In addition, you can add the **Enneagram & Qi** course, a 4-week class incorporating movement and flow into your Enneagram journey. The full 12-week course involves individuals working in community to better grow and develop through understanding their Enneagram type, while supporting each other through embodied practices.

The roadmap you travel is up to you! There is required pre-work prior to the class that allows us to jump right into the topic on day 1. The pre-work consists of listening to the podcast found [HERE](#) plus watching a one-hour prerecorded session on “What is the Enneagram.” In addition, if you don’t know the Enneagram type you lead with, you can schedule a one-hour Enneagram typing interview at <https://calendly.com/roxanneharrison> prior to the class start date. A 20% discount is offered on this typing interview.

2021 DATES and SUCCESSION OF DISCOVERIES:

Level 1 GPS of Wisdom: Starting the week of **1/10/2021** or the week of **9/5/2021**

Succession of Discoveries in Level 1:

- Identify your Enneagram type through examination of core motivations
- Build skills in self-reflection, self-observation and receptive awareness through the Universal Growth Process
- Start to recognize patterns of thinking, feeling and behaving linked to core motivations
- Understand your type’s emotional habit (passion) and the defense system that keeps the ego structure in place
- Acknowledge the gifts of each Enneagram type and appreciate what is right about each of us

You’re ready to go to Level 2 GPS of Wisdom!

Level 2 GPS of Wisdom: Starting the week of **3/7/2021** or the week of **10/31/2021** (Thanksgiving week off) ****if you have worked with the Enneagram previously you can enter at Level 2****

Succession of Discoveries in Level 2:

- Through a group panel interview process, start to recognize variations and nuances of types
- Understand the instinctual energies and identify your “stack”
- Understand the subtypes of your type as well as the other Enneagram types
- Identify your maladaptive strategies that are habitual and often unconscious
- Build self awareness practices and sensory practices

You’re ready to go to Level 3 GPS of Wisdom!

Level 3 GPS of Wisdom: Starting the week of **5/9/2021** or the week of **1/2/2022**

Succession of Discoveries in Level 3:

- Work with your shadow side and blind spots at a deeper level
- Understand the levels of disintegration and integration for your type
- Through a group panel interview process, uncover your growth aspirations
- Identify healthy adaptive strategies for your type and create practices around these strategies
- Develop a personal & professional growth path to take the “work” to the streets

You’re ready to go to Group Coaching!

Group Coaching

(Bi-weekly)

What do you need to know to go to 4-week Group Coaching?

*Before committing to group coaching ask yourself: Am I willing and wanting to commit the time and energy to practicing new ways of thinking and behaving, and can I be honest with myself and the group when something comes up that feels uncomfortable or unfamiliar? If the answer is **YES**, group coaching is a great way to stretch out of your comfort zone in a supportive environment. We can’t do this work alone, and group coaching can accelerate your learning.*

2021 DATES FOR GROUP COACHING:

Starting the week of **6/13/2021** or the week of **8/1/2021**. Group coaching is available to former students or those who have worked with the Enneagram previously and would like to work in a group setting with other enthusiasts. Group size is limited to 6 students per group.

Enneagram & Qi

(Online Zoom, each session 1 ½ hours)

The practice of Qigong is a wonderful way to introduce movement and flow into your work around the Enneagram. As the Enneagram teaches us, the three centers of intelligence are the three components of human psyche: emotions, thoughts and actions. Each of the 9 Enneagram types has a unique ordering of the three centers of intelligence, with one center being the dominant center through which a person receives information. Then there’s the support center that helps the dominant center in processing information. Each Enneagram type has a repressed center, the center that has gone “offline” and isn’t used in processing information. By only using two of our centers of intelligence we are like a 3-legged stool that has lost a leg, easily pulled off our center!

This workshop focuses on both a cognitive understanding of what’s known as stance work in the Enneagram, and introduces Qigong as a way to bring up the use of the repressed center, which varies by type. Through gentle movement and flow qigong brings more vitality and balance into life. By accessing all three centers of intelligence and learning to use the underused center we once may have thought useless, we can find more wholeness and energy.

Enneagram & Qi 2021 DATES:

Starting the week of **2/7/2021**, **4/11/2021** or **10/3/2021**

COST OF EACH PROGRAM:

4-WEEK SERIES: \$109.00, price subject to change

12 -WEEK SERIES: \$300.00, price subject to change

12-WEEK SERIES PLUS ENNEAGRAM & QI: \$389.00, price subject to change

4 WEEK GROUP COACHING: \$109.00, price subject to change

“I have come to the frightening conclusion that I am the decisive element. It is my personal approach that creates the climate. It is my daily mood that makes the weather. I possess tremendous power to make life miserable or joyous.” ~ Johann Wolfgang Von Goethe