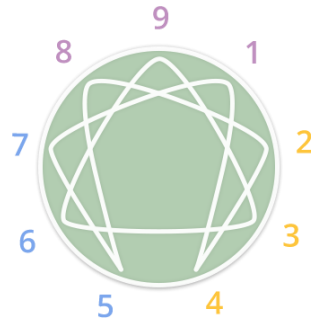


# Building Better Relationships - at Home and at Work

LEARN WAYS TO BRING OUR BEST SELVES TO OUR RELATIONSHIPS AND IDENTIFY USEFUL STRATEGIES TO CREATE SUCCESSFUL RELATIONSHIPS

A 3-day Enneagram workshop, 4<sup>TH</sup>-6<sup>TH</sup> NOVEMBER 2024, with *Peter O'Hanrahan* in Singapore



The Enneagram is a powerful method to understand ourselves and the people in our lives as it describes nine ways of seeing the world, nine major goals and strategies, and nine styles in love and work. It has been used by people all over the world to create better relationships at home and at work since being developed as a psychological system in California in the 1970's. It is used in families, organizations, therapy, counseling, and coaching work to develop emotional intelligence and more effective communication.

No one should be reduced to a number and each person has a unique essential self. But our character structures come with patterns – patterns of mind, heart, and body – which create both strengths and challenges in our relationships. The enneagram provides specific ways on what we need to know, and what we need to do, and how we can open our hearts and respond with more insight and empathy with different kinds of people.

Do join us for an engaging, fun, and moving experience that will help you become more caring, graceful and effective in all your relationships.

## In this workshop we will explore:

- How to respond to the underlying concerns and issues of each personality type
- Basic relationship tips for all the types
- How love is expressed in three centers: body, heart, and mind
- The nine communication styles
  - not only what we say but how we say it with our body language and emotional tone
- The importance of vulnerability and how our defenses get in the way
- How to manage stress and reactivity in the moment with breathing and centering practice

## We will also practice:

- The best ways to give feedback
- Roleplays to practice communication in our significant relationships
- Movement exercises to explore reaching out, withdrawing, and setting boundaries
- Movement exercises to practice graceful boundaries
- Increasing our awareness of how we project onto other people

### The format:

Each day will include presentations, panel interviews with participants, small group work and guided exercises. During the panel interviews we will hear from people of all nine types about their strengths and difficulties in relationships, what is their path of growth, and how they want to be supported and cared for by others.



*Peter O'Hanrahan* has been working with the enneagram in his practice as a counselor and body therapist since 1978. Peter has been a pioneer in developing programs like the Embodied Enneagram, Relationships, and Instincts & Subtypes which he has taught in six continents. Since 1998, he has been a trainer for the Palmer/Daniels Enneagram Professional Training Program in the School of the Narrative Enneagram. Peter is a professional member of the International Enneagram Association – with Distinction; he has trained, and certified, over 800 enneagram teachers and practitioners in the past 25 years.

For more information visit: [www.TheEnneagramAtWork.com](http://www.TheEnneagramAtWork.com)

He is married to Pat O'Hanrahan, and they have three adult children. Peter & Pat have an ongoing Monthly Study Group on Relationships at their home in the San Francisco East Bay area, California, and have been facilitating these monthly study groups for years. Both found the Enneagram to be of enormous help to them in their own relationship and in their parenting journey. After 45 years, Peter still finds the Enneagram to be the most effective method available to promote self-awareness, reduce conflict, build bridges, and appreciate human diversity, hence he is very passionate to share a powerful set of suggestions and tips that will help us to build better relationships with many kinds of people through this workshop.

- Venue** : Visual Arts Centre  
10 Penang Road #01-02 Dhoby Ghaut Green Singapore 238469;  
Dhoby Ghaut mrt station, exit B
- Date and time** : 4<sup>th</sup>, 5<sup>th</sup>, & 6<sup>th</sup> November 2024 (Monday to Wednesday); 9am to 6pm
- Workshop fees** : S\$1,600 (early bird price before 1<sup>st</sup> Sep);  
S\$1,800 (price from 1<sup>st</sup> Sep onwards)  
Includes workshop materials, 1 morning tea break and 1 afternoon tea break only
- Register here** : <https://workshops.mmgrowersg.com/>
- For more information** : Tang Seok Hian @ 9220 0016, [seokhian.tang@gmail.com](mailto:seokhian.tang@gmail.com)  
Alice Yuen @ 9368 4900, [alice.yuen.82@gmail.com](mailto:alice.yuen.82@gmail.com)  
Chin Tze Meng @ 9632 3862, [tzemeng@mmgrowersg.com](mailto:tzemeng@mmgrowersg.com)

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