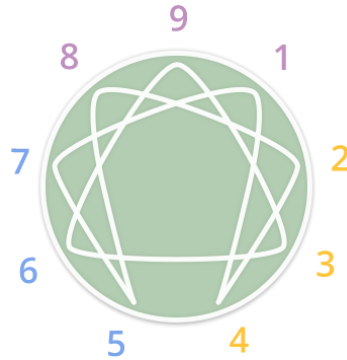


Train-The-Trainer: The Embodied Enneagram

LEARN MORE ABOUT THE BODY INTELLIGENCE AND METHODS TO WORK ON IT EFFECTIVELY

A 4-day Enneagram program, 31ST OCT – 3RD NOV 2024, with *Peter O’Hanrahan* in Singapore



Our Enneagram type is not only in our mind! Our personality is also formed and fueled by our emotions and instincts. Each type has a specific temperament and neurobiology which provide the base for our personality. Children are born with these biological patterns, and then they are influenced and shaped by the family and social environment. Research into “epigenetics” shows us that we arrive with certain genes inherited from our ancestors, but that the function or expression of the genes is shaped by our early experiences. Some genes are turned on or amplified, some may be turned off or reduced in their activity. Parents and teachers know that kids are not alike; they are different right at birth. The Enneagram helps us understand these differences and how nine psychological structures are formed as children grow older and develop a coherent worldview and find a strategy for survival and success. But it all starts with biology!

What does *Embodiment* mean? It means living fully in our bodies for a healthy life, being more grounded and connected in our relationships, and accessing the intelligence of the body center for decisions large and small.

Here are some examples how our body center affects our reactions and behaviours:

“Why is it so difficult for Twos to sense their own bodies and feelings compared to others?”

“What makes it so hard for Threes to slow down?”

“How can we really understand Sixes without knowing about their highly sensitive alarm?”

“Why is it so hard for Nines to handle conflict?”

“Why do Ones get so disturbed by disorder?”

It is all in the neurobiology of the types. Changing our body patterns helps us change our mental habits and our behavior. But it takes time, practice, and modern healing methods. People need help. In our modern cultures, with a priority on intellectual development, there is a lack of education about our body intelligence and emotional intelligence. The Enneagram, like other holistic approaches to personal growth and professional development, shows us the importance of working with all three of our centers: head, heart, and body to access our full potential. Training in the Embodied Enneagram will give you ways to help the nine Enneagram types specifically to reduce suffering and live healthier and more balanced lives.

Some major topics include:

The importance of nonverbal communication – how the voice, feeling tones, facial expression, breathing patterns and micro-movements of each type impact relationships in unconscious ways. For example, Nines have a speaking style that is often calming and peacemaking, but can be also distracting. They may have trouble getting to the point. “Don’t make me uncomfortable.” Sixes sound responsible and they take things seriously. “You can rely on me.” They may also seem suspicious or skeptical. Threes are usually confident and energizing but also self-promoting. “Support my success.” How do the nine speaking styles reveal type-based concerns and desires through nonverbals? What is the impact on other people? We will discuss these type patterns and ways to improve communication skills.

The three movements in relationship – towards people, against people, and away from people. How can we balance these movements and resolves some of the inner conflicts? What do we need more of or less of? How can we become aware of the subtle but important signals we send? How do we create appropriate boundaries? We will explore this both in discussion and with movement exercises that take us through each of the styles.

The role of physical touch – knowing when to touch and when not to; asking for permission; how to create safety for the receiver; how to support vitality in the body while keeping good boundaries; working on areas of tension with the right amount of pressure. Each day we will practice basic massage for the neck and shoulders and forms of touch which support people’s breathing. You do not have to be a massage professional to help people relax some of their muscular tension.

Managing reactivity and stress – Maybe the most important embodied practice of all is learning to notice our reactivity and taking few moments to pause and breathe. This does not get to the underlying issues but is a huge help in the moment. We do not have to act out the reactivity of our type! The great news is that with awareness and breathing methods we can shift our internal state, right in the moment. We can take some time later to feel and sense and inquire more deeply about how our enneagram type gets reacting. We can also practice not taking other people’s reactivity so personally. There are body signals for each of the nine types that alert us to our energetic pattern. Not necessarily a bad thing! But even our strengths will become problems if we over do them. And paying attention to these signals opens the door to making conscious choices.

Join us for a unique experience of the enneagram and experiential bodywork in a supportive community! This will also serve as the first part of an Embodied Enneagram certification for those who want to make it part of their professional practice.

In this workshop we will learn:

- How temperament and neurobiology create nine patterns of body, breath, and emotion
- How to adapt methods of healing and bodywork for the different type structures
- Conscious breathing practices for each enneagram type
- How to guide people in using awareness and breath practice to reduce stress and reactivity
- How to work with non-verbal messages from our emotional tone and body language
- A structure to support your body-based work with others: What conversation and agreements are necessary? What must you do to maintain rapport? How to recognize signals of overwhelm or disassociation.

We will also practice:

- Self-help methods to work with patterns of body tension and restricted breathing
- Stretching, breathing, and bioenergetic bodywork
- Simple massage techniques
- Peer supported breathwork in small groups
- Being grounded, centered, and making flexible boundaries

The format:

The Format will include presentation, interviews, discussion, and breakout groups. Each day we will practice body exercises such as simple stretches, breathing methods, body sensing and centering.

This workshop combines discussion with lots of experiential work. Our goal is to create a safe space for embodiment and healing where each participant will be encouraged to go at their own pace. Each day will include bodywork as a whole group or in small groups. Many of the exercises will include lying down on the floor – please bring a yoga mat, foam mat, or a thick blanket (or two) plus a small towel. Wear comfortable clothing. Each participant will receive a copy of Peter’s Embodied Enneagram handbook.

Who should attend:

Therapists, coaches, massage practitioners, leaders and those who want to learn about somatic methods to help their clients, students, friends, and family members develop their body awareness and body intelligence. This four-day program is also the first of several sections leading to certification.



Peter O'Hanrahan began his Enneagram journey in 1978 in Berkeley, California when he attended the first public Enneagram classes with Dr. Kathleen Speeth and Helen Palmer. Over the next ten years he and his colleagues at the Center for Human Growth in Berkeley hosted many of the early Enneagram programs and learned how to apply the system to body-based therapy, holistic counseling, and relationships. Peter taught his first enneagram class in 1981 and in 1992 he certified as an enneagram teacher with the Palmer/Daniels Enneagram Professional Training Program (EPTP).

He first presented the Embodied Enneagram approach at the Stanford University international enneagram conference in 1994. Since then, he has taken this program, and other enneagram workshops, to many places in the US and to 14 other countries around the world. He is a pioneer in the areas of enneagram instinctual subtypes, defense systems, building better relationships, and enneagram training in organizations to develop more effective teams and leadership.

After 45 years of combining the enneagram with body-based therapy, Peter is starting a certification program to train people how to bring practical methods of working with the body, breath and emotion to the development and healing of the nine enneagram type structures.

Starting in 1998 Peter has worked as a trainer for the Palmer/Daniels EPTP and the Narrative Enneagram school and helped to train over 800 certified teachers and practitioners. He is a professional member of the International Enneagram Association with Distinction.

For more information visit: www.TheEnneagramAtWork.com

- Venue** : Visual Arts Centre
10 Penang Road #01-02 Dhoby Ghaut Green Singapore 238469;
Dhoby Ghaut mrt station, exit B
- Date and time** : 31st Oct, 1st, 2nd and 3rd November 2024 (Thursday to Sunday); 9am to 6pm
- Workshop fees** : S\$2,500 (early bird price before 1st Sep);
S\$2,750 (price from 1st 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
Alice Yuen @ 9368 4900, alice.yuen.82@gmail.com
Chin Tze Meng @ 9632 3862, tzemeng@mmgrowersg.com
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