



Achieving Harmonious, Joyful and Fulfilling Relationships that matters to you

THE ENNEAGRAM CONNECTIONS

Advanced level - Change

WHAT IS ENNEAGRAM?

Why my recurring patterns?

Do you understand yourself? Why do you do the things you do or react the way you do to certain things or people? How you can make your relationship better and discover what happened in the one that did not work out? So you can learn from past experiences.

The **Enneagram** can free you from defensive self-limiting, unconscious patterns and help you grow into an expanded version of yourself. It is a powerful and dynamic personality system that describes nine distinct and fundamentally different patterns of thinking, feeling and acting. The tool enables individuals to understand their own and others' motivations and behavior patterns, and to communicate and work more effectively with each other. You will never look at each other the same way after this workshop.

CONTACT US

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Family relationship



Personal relationship



Professional relationship





LEARNING OUTCOMES

In this two-days program, you will

- Gain understanding of the Passions of the Enneagram and how it might affect us unconsciously.
- Gain understanding of the Fixation of our Enneagram types and how we build our belief system and thinking patterns around these Fixations.
- Be more aware of how we attach to our ego (personality) and learn how to honor ourselves in a developed space.
- Learn how to best communicate with different Enneagram types.
- Learn how to shift our paradigms using the 4R's strategy.
- Learn how to accept and own our Enneagram shadow through a reframing activity.
- Learn how to use the Enneagram arrows movements for personal growth.
- Our three survive instincts and introduction to advanced Enneagram teachings of "Sub-Types".
- Familiarize yourself with the psychology based concept of Defense Process (mechanism) and how it helped us to reduce anxieties in early childhood.
- Gain deeper clarity of how these coping mechanism may be self-defeating for us.
- Learn how to use your Enneagram wings for personal growth.

What others are saying?

Vuthy

"Always putting people's needs above mine - After attending this Enneagram workshop and group coaching, I now understand why."

Sarah

"It was everything I was hoping to experience and more!
The workshop was worth every second of my time, every bit of my efforts."

June

"I now feel less worried and anxious after learning my Enneagram type, and I am able to relax and enjoy every moment of my life Guess what? My relationships with family and friends have become so much better!"

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THE FACILITATOR

DANIEL YEO



Daniel, hailing from Singapore, boasts a 26-year tenure in the medical technology industry, specializing in business development, key account management, and personnel development. In addition to his role in management consulting, Daniel is deeply committed to assisting parents and individuals in fostering harmonious, happy, and fulfilling relationships. He holds certifications as an executive coach (ICF), Enneagram Team Transformation, Enneagram Spectrum Practitioner, Enneagram Coach, and MBCT (Oxford) facilitator. Furthermore, he is a certified NLP Practitioner and an Accredited Professional of the International Enneagram Association (USA), holding a Professional Membership. Daniel also serves as a Mentor at the Asian Institute of Mentoring and is a Founding Member of the China Coach Federation.

Some his esteemed clients include, DYSON, Metta, DELL, Keppel Land, China, DBS Bank, CP Group Taiwan, Fudan University Shanghai, China, Geely Auto, China, Agilent Technologies, German Chamber of Commerce in China and more.

- 2014** ● Mindfulness Based Cognitive Therapy (MBCT) facilitator certification with the University of Oxford Mindfulness Center.
- 2015** ● Master Performance Coach certification (ICF Level 1).
- 2018** ● Enneagram Spectrum certification with Dr Granville De Souza, Group CEO and founder of EQ World Pte Ltd, Singapore.
- 2020** ● Master Performance Coach certification (ICF Level 2).
- 2022** ● Enneagram in Leadership certification with Ginger Bodga, IEA Board member and Enneagram teacher.
- 2023** ● Psychological Enneagram retreat with Beatrice Chestnut, PhD, past IEA President, Board member, Clinical Psychologist and distinguish teacher of the Enneagram.
- 2024** ● Founded The Enneagram Connections to bring about a Harmonious, Joyful and Fulfilling relationships for people in Asia.

Organizers:



Certified:

