

Achieving Harmonious, Joyful and Fulfilling Relationships that matters to you

# THE ENNEAGRAM CONNECTIONS

Intermediate level - Deep Dive

## 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

- Deep dive into the each Enneagram type structures and challenges unique to each type.
- Learn how to identify the developed and less developed characteristics of the 9 types.
- Explore how each type learn to cope with not being loved as a child.
- Examining the core fears and desires of each type and their influence on our behavior and thinking.
- Learn the Focus of Attention for each type to enhance understanding of their priorities when triggered.
- Find out the unconscious childhood messages each Enneagram type received growing up and how it shaped our personalities.
- Find out the loss childhood messages we ought to receive growing up in order for us to grow.
- Discover the hot buttons of each types and learn how to effectively work with them.
- Learn and practice neuroscience discoveries to cultivate an inner observer capable of recognizing unconscious patterns.
- Identifying unconscious patterns specific to individual types and practicing methods to observe, let go and make conscientious choice to respond to challenging situations at home and at work.

### 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:

