

THE ENNEAGRAM CONNECTIONS

Foundation level - Who Am 1?



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.

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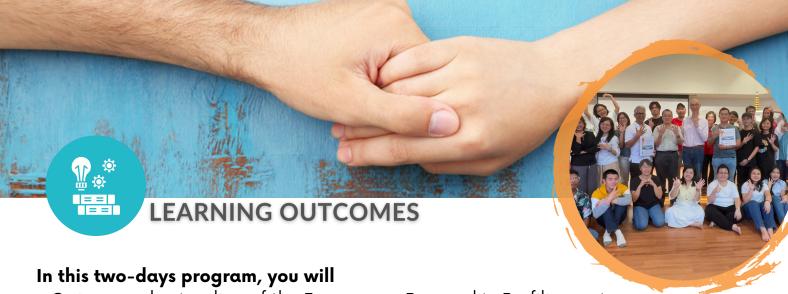
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- Gain an understanding of the Enneagram Personality Profiling system.
- Recognize the unconscious habitual patterns that drive one's life.
- Develop the skill of interpreting behaviors and anticipating outcomes in social interactions.
- Learn the Focus of Attention for each personality type to enhance understanding of people's priorities.
- Comprehend how conflicts affect various Enneagram personality types differently.
- Acquire strategies for effectively managing conflicts with different Enneagram types.
- Enhance self-awareness by studying your Enneagram Personality Profile and taking steps towards personal growth.
- Familiarize yourself with Enneagram based people dynamics in order to approach interactions with compassion, understanding, and acceptance.

Vuthy

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



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

What others are saying?



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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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.

2	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.
2	2020		Master Performance Coach certification (ICF Level 2).
4	2022		Enneagram in Leadership certification with Ginger Bodga, IEA Board member and Enneagram teacher.
2	2023		Psychological Enneagram retreat with Beatrice Chestnut, PhD, past IEA President ,Board member, Clinical Psychologist and distinguish teacher of the Enneagram.
2	2024		Founded The Enneagram Connections to bring about a Harmonious, Joyful and Fulfilling relationships for people in Asia.

Organizers:

Certified:















