ADVANCED COACHING WITH THE ENNEAGRAM 2.0 CERTIFICATE PROGRAM

SINGAPORE (41 ICF CREDITS)

INFORMATION

Program Overview	Program Information	Program Structure	The Enneagram
Read about the intention and purpose of "Advanced Coaching with the Enneagram." **Page 1**	*Read important program information, including logistics, hotel information, and more.* **Page 2**	*Read about theory and practice aspects of "Advanced Coaching with the Enneagram."* **Page 3**	*Learn the ancient history and multiple applications of the Enneagram.* **Page 4**

ADVANCED COACHING WITH THE ENNEAGRAM

41 ICF ACSTH | Take your Enneagram coaching to a deeper and higher level | 4-day program with Ginger Lapid-Bogda, PhD

The *Advanced Coaching with the Enneagram* certificate program is designed to enable those who coach others to coach the whole person in context. Based on the assumption that you are already familiar with core coaching theory and practice and know the Enneagram well and can already integrate it into your coaching, this program is based on the Coaching Circle. The Coaching Circle is used in two ways. The overarching use of the Coaching Circle is for coaches to continuously employ the four core modes of coaching behavior: Listening, Questioning, Feedback, and Challenging.

ACSTH
Approved Coach Specific Training Hours
International Coach Federation

These four areas are utilized throughout the program, focusing first on the client as a whole person with integrated systems of thought patterns, feeling responses, and behavioral habits. Coaching Circles are used as a foundation for group (team) coaching. Coaches pursue an in-depth understanding of the mental maps of clients by enneatype and learn how to illuminate and challenge these mental models in service of the client's growth.

The program also helps coaches focus on how to coach clients to increase emotional literacy, creating awareness, openness, and expansiveness in clients of the nine enneatypes in order to strengthen and enrich their development. Crucially important in coaching is how the body restrains us in ways that limit our ability to grow. The program provides coaches with the opportunity to learn how to work somatically with clients of each type and how to create dramatic release and change. In addition to integrating the mental, emotional, and somatic aspects of coaching, coaches also work with client enneatype-based transformations.Throughout the program, coaches engage in a variety of coaching practices with feedback from both clients and observers.

Register online *or call 310.829.3309*

4-Day Program
Singapore
April 22 – 25, 2019

Open only to past participants of "Coaching with the Enneagram 1.0" or others with in-depth Enneagram-coaching knowledge and skills.

Early-bird rate | $1700 USD
After February 1 | $1900 USD

Program information:
info@theenneagraminbusiness.com

Logistics information:
*Alice Yuen | **email** or +65 9368 4900*
*Tze Meng Chin | **email** or +65 9632 3862*
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MORE PROGRAM INFORMATION

Meeting Location
Ramada Singapore at Zhongshan Park
16 Ah Hood Road
Singapore 329982

Meeting Times
8 am – 5:30 pm each day
Last day ends at 3:30 pm

Hotel | Ramada Singapore at Zhongshan Park
Website: ***Click here***
General Inquiries: +65 6808 6888
Reservations: +65 6808 6838
Rooms begin at $198 SGD/night

Airport | Changi
20 minutes from the hotel

Clothing
Dress comfortably and casually.

Daily Coaching Practice
You will coach a variety of different people throughout the four days.

Meals
Program fee covers registration, lunch, breaks, and materials.

Refunds
Cancellations before February 1 ($75 fee); no refunds after that date.

Important Information

Participant Requirements Everyone who participates must know both the Enneagram, how to coach, and have integrated these into their coaching practice. Past participants of "Coaching with the Enneagram 1.0" are welcome and others who have the required background.

Hours Daily program hours are 8 am – 5:30 pm. There are multiple times built into the program for breaks and lunch.

Attendance Commuters are welcome, but all participants must attend all sessions. If for any reason you must miss any part of the program, this must be pre-arranged with Ginger Lapid-Bogda for approval. Any missed time must be made-up due to ICF requirements.

Certificate The program certificate is given at the program end and contains all the information you need should you want to use the 41 ICF ACSTH credits toward a new coaching certificate or the renewal of an existing one.

Pre-Reading Everyone must read these two books prior to the program: *Bringing Out the Best in Everyone You Coach* (Lapid-Bogda) and *The Art of Typing* (Lapid-Bogda). These can be purchased online through Amazon.com and BookDepository.com (which offers free international shipping to most worldwide locations).

Program Materials Each participant receives a "coaching notebook" and a full set of the 28 "training tools."

Accommodations

The Ramada Singapore at Zhongshan Park is an award-winning four-star hotel in the Balestier/Novena district, offering a unique hotel-by-the-park experience. Conveniently located next to Zhongshan Mall in Zhongshan Park, the hotel offers easy access to the city's top attractions and landmarks. If you would like to stay at the hotel, please make reservations by contacting the hotel directly.

Join Ginger for these additional programs in April…

Coaching with the Enneagram 1.0, April 13-17 (40.5 ICF ACSTH)
If you haven't already attended, this 5-day ICF-certified program is taking place right before 2.0

The Art of Typing, April 27-29
Based on Ginger's latest book, this 3-day program will help demystify the typing process

Ginger Lapid-Bogda, PhD, is an internationally recognized Enneagram author, teacher, speaker, OD consultant and coach who helps organizations, leaders, teams, and individuals use the Enneagram to enhance their personal and professional lives. She is the author of 7 Enneagram-business books that have been translated into multiple languages; provides state-of-the-art Train-the-Trainer and other certificate programs, based on the Enneagram's business applications, around the world; offers easy-to-use engaging Enneagram training tools; and created "Know Your Type," the Enneagram App for Apple, Android, and Kindle Fire.

Ginger Lapid-Bogda, PhD

Books by Ginger Lapid-Bogda

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WHAT IS THE PROGRAM STRUCTURE?

Overall Program Orientation

"Advanced Coaching with the Enneagram" is designed to take the knowledge and skills of coaches – ones who already know the Enneagram well, are experienced coaches, and already integrate the Enneagram with their coaching – to deeper levels with their clients. This program's purpose is to help coaches coach to the whole person, with particular emphasis on four areas: (1) challenging the client's mental models and assumptions so that clients have less unconscious resistance to change and expanded options; (2) assisting clients in accessing and more fully utilizing their emotional centers; (3) understanding the importance of somatics in coaching and developing coaching skills to increase somatic capability in their clients; and (4) learning skills to help clients integrate their heads, hearts, and bodies for deep-level growth and transformation. In addition, the program includes a group coaching component, taking your skills from individual coaching to the group coaching level.

Coach Self-Development

There is a strong component of coach development in this program for three reasons. The first reason is that when participants practice what they are learning in the program, they practice with other participants as clients. Second and equally as important, the coach's own self development is a critical factor in their ability to coach effectively. A coach who is not actively working on his or her own growth will be hampered in fostering the growth of clients. Finally, coaches need to experience the impact of the various coaching techniques and approaches so they understand firsthand the impact of everything they do. This enables coaches to know when, where and how often to use each technique.

Head, Heart and Body Coaching

Each day has a particular focus, going in-depth first into head-center coaching, next heart-centered coaching, and then somatic or body-based coaching. Finally, all three areas are integrated into transformative coaching.

The first day, each participant selects one and only one coaching goal for the entire five days. Each day, almost every coaching interaction delves deeper into this one important deep coaching desire. Working with one goal rather than many goals allows all participants to experience the impact of using the head, heart and body for the most goals and long lasting transformation.

Intense and Residential

"Advanced Coaching with the Enneagram" is intended to be intense and residential. In four dramatic days, participants absorb and integrate what they are learning about coaching, the Enneagram and themselves in a way difficult to duplicate in a more dispersed program. Commuters are welcome, but staying on site is highly recommended.

Program schedule at a glance...

Day 1 | Overview and Mental Center Coaching
- ☐ Program overview
- ☐ What is coaching | ICF ethical standards
- ☐ Contracting with clients | coaching agreements
- ☐ The Coaching Circle
- ☐ Coaching the client as a whole person
- ☐ Identifying client's deep development desires
- ☐ Mental model coaching | changing deep assumptions
- ☐ Coaching Circles | group coaching

Day 2 | Heart Center Coaching
- ☐ Coaching from different Centers | head, heart, and body
- ☐ Coaching Circle | heart-based coaching
- ☐ How to coach to the heart of each enneatype
- ☐ Heart-opening coaching practices
- ☐ Speaking from the heart
- ☐ Storytelling from the heart
- ☐ Heart awareness assessment
- ☐ Coaching Circles | group coaching

Day 3 | Body Center Coaching
- ☐ Review of somatic coaching
- ☐ Coaching Circle | body-based coaching
- ☐ Reading body cues
- ☐ Body-based release activities
- ☐ Breath work and physical developmental activities
- ☐ The Enneagram Map | embodying change
- ☐ Coaching Circles | group coaching

Day 4 | Integrative Coaching
- ☐ Mental transformation coaching
- ☐ Emotional transformation coaching
- ☐ Subtype transformation coaching
- ☐ Coaching Circles | group coaching
- ☐ Certificates

Coaching Circles | Group Coaching

PURPOSE

Creating a synergistic development circle for group coaching

GROUND RULES

Everyone engages at his or her level of experience and comfort
Everything is confidential
Respect for each person underlies everything that occurs
No advice is offered
Each circle member experiences self and others as "resourced"
The process is the outcome

ROLE OF CIRCLE COACH

Set the topic, unless something more important emerges
State, remind, and *reinforce* the ground rules
Keep the conversation flowing in an unobtrusive way
Share information about self as relevant

ROLE OF CIRCLE MEMBERS

Engage
Be open
Follow the ground rules
Be committed to your own development
Be equally committed to the development of others
Find your voice, honor it, and speak it

WHAT IS THE ENNEAGRAM?

3 Centers of Intelligence

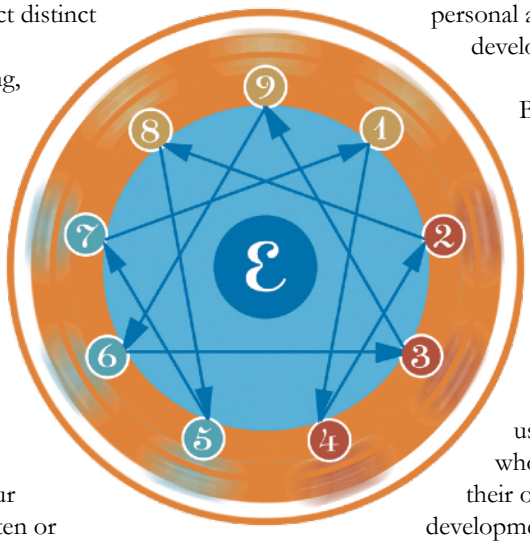
Each Enneagram style is rooted in one of three Centers of Intelligence: the Head Center, the Heart Center, or the Body Center. The three Centers of Intelligence stem from a long Eastern philosophical tradition and refer to the ways in which we typically process information and respond to events. While we all have heads, hearts, and bodies, our personality is organized around one of these three centers or modalities. Each center also contains three of the nine Enneagram styles.

Head Center Styles: 5, 6, and 7
Heart Center Styles: 2, 3, and 4
Body Center Styles: 8, 9, and 1

The goal of the Enneagram is integration: to fully and effectively access all three Centers and to use them in an aligned way.

History

The Enneagram is an ancient system – at least 2000 - 4000 years old. The word comes from two Greek words ennea ("nine") and gram ("something written or drawn"), and refers to the nine points on the Enneagram symbol. The nine different Enneagram styles, identified as numbers One through Nine, reflect distinct habits of thinking, feeling, and behaving, with each style connected to a unique path of development. Each person has only one core Enneagram style, and while our Enneagram style remains the same throughout our lifetime, the characteristics of our style may either soften or become more pronounced as we grow and develop. In addition to our core Enneagram style, there are four other styles that provide additional qualities to our personalities; these are called wings and arrows.



Current Usage

More than a personality typology, the Enneagram is a profound map illuminating the nine different architectures of the human character. It is also the most powerful and practical system available for increasing emotional intelligence, with insights that can be used for personal and professional development.

Because the Enneagram is cross-cultural and uncannily accurate, it's modern usage is growing dramatically across the globe. In addition to being used by individuals who embrace it for their own insight and development, organizations are using the Enneagram to increase emotional intelligence (EQ), enhance communication, manage conflict constructively, build high-performing teams, develop leadership, and more.

"We are looking for the key to our ultimate fulfillment in the wrong place." – C. Naranjo

THE 9 ENNEAGRAM TYPES

Ones	Seek a perfect world and work diligently to improve both themselves and everyone and everything around them.
Twos	Want to be liked, try to meet the needs of others, and attempt to orchestrate the people and events in their lives.
Threes	Organize their lives to achieve specific goals and to appear successful in order to gain the respect and admiration of others.
Fours	Desire deep connections both with self and others, and they feel most alive when they authentically express their feelings.
Fives	Thirst for information and knowledge and use emotional detachment as a way of keeping involvement with others to a minimum.
Sixes	Have insightful minds, are prone to worry, and create anticipatory scenarios to feel prepared in case something goes wrong.
Sevens	Crave stimulation (ideas, people, and experiences), avoid pain, and create elaborate future plans to keep all their options open.
Eights	Pursue the truth, like to keep situations under control, want to make important things happen, and try to hide their vulnerability.
Nines	Seek peace, harmony, and positive mutual regard and dislike conflict, tension, and ill will.

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