# VIRTUAL ADVANCED COACHING WITH THE ENNEAGRAM 2.0 PROGRAM

## (41 ICF ACSTH CREDITS)

## INFORMATION


| Program Overview | Program Information | Program Structure | The Enneagram |
|---|---|---|---|
| *Read about the intention and purpose of "Advanced Coaching with the Enneagram."* | *Read important program information, including logistics and more.* | *Read about theory and practice aspects of "Advanced Coaching with the Enneagram."* | *Learn the ancient history and multiple applications of the Enneagram.* |
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## ADVANCED COACHING WITH THE ENNEAGRAM 2.0

41 ICF ACSTH | Take your Enneagram coaching to deeper and higher

4 five-hour sessions plus pre-and post-work with Ginger Lapid-Bogda, PhD

ACSTH
Approved Coach Specific Training Hours
International Coach Federation

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.

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*

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

**2020 VIRTUAL PROGRAM**

**April 12 – 19**

**4 Five-Hour Virtual Sessions**

Monday | April 12
Wednesday | April 14
Friday | April 16
Monday | April 19

**Virtual sessions 9 am-2 pm (PST)**
**Registration fee | $1500 USD**
*Program information:*
*info@theenneagraminbusiness.com*

# MORE PROGRAM INFORMATION

**Meeting by ZOOM**
*You will need to have access to Zoom (virtual meeting platform) and be able to join with video on your computer or mobile device and be able to view powerpoint slides and join discussions..*

**Upon registration, you'll receive an email regarding specific Zoom details.**

**Virtual Attendance**
*Attendance is required at all sessions, as per both ICF requirements and for the structure of the program.*

*The program is designed so that each activity builds on prior activities so missing a session disjoints the program experience. It is not feasible to make up missed sessions.*

**Pre- and Post-Work Required**
*Pre-work and post-work is assigned for each sessions, primarily using the Enneagram Learning Portal (ELP), a robust, highly informative and strategically interactive online learning portal. It is essential that each participant complete all assigned activities in the time periods assigned (approximately 3-4 hours).*

**Virtual Meeting Times | 2021**
9 am – 1 pm (PST)
Monday | April 12
Wednesday | April 14
Friday | April 16
Monday | April 19

## Important Information

**Participant Requirements** Participants ideally have some background in coaching and/or some familiarity with the Enneagram system and their Enneagram type. This program is designed for people who range from some prior backgrounds in both of the above to those who have many years of experience.

**Hours** Daily program hours are 9 am – 2 pm (PST). Times are built into the program for breaks. Be sure to reserve time between sessions for both the pre- and post-work. This will be between 2-4 hours and will be done independently, primarily using the Enneagram Learning Portal (ELP) with focal areas and assigned activities.

**Attendance** Attendance at all virtual sessions is required and cannot be made up.

**Certificate** A program certificate will be sent electronically to all participants once the virtual sessions are complete and participants have completed the final assignment. This certificate contains all the information you need should you want to use the 41 ICF ACSTH credits toward a new ICF coaching certificate or the renewal of an existing one. When applying to the ICF, submit the electronic version of your certificate.

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

**Materials to Be Sent Electronically**

Once you register for the program, you will be sent program details and logistics, plus your membership access information to the Enneagram Learning Portal.

**Materials to Be Sent By Mail**

Each participant receives an "Advanced coaching with the Enneagram" notebook, a full set of the 28 "training tools, and an Enneagram symbol map used for Enneagram "map work."

**REFUND POLICY**
Cancellations only before March 1, 2021 with $250 cancellation fee.

**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 and Kindle Fire as wells the Enneagram Learning Portal (ELP).

Ginger Lapid-Bogda, PhD

**Books by Ginger Lapid-Bogda**

# WHAT IS THE PROGRAM STRUCTURE?

## Overall Program Orientation

"Advanced Coaching with the Enneagram 2.0" 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 session 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 session, each participant selects one and only one coaching intention for the entire five days. Each day, almost every coaching interaction delves deeper into this one important deep coaching desire. Working with one coaching intention rather than many allows all participants to experience the impact of using the head, heart and body for the most goals and long lasting transformation.

## Intensive

"Advanced Coaching with the Enneagram 2.0" is intended to be intense and intensive. In four deep sessions, plus pre-work and pst-work, participants absorb and integrate what they are learning about coaching, the Enneagram and, just as important, themselves.

### Program schedule at a glance...

**Session 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

**Session 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

**Session 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

**Session 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

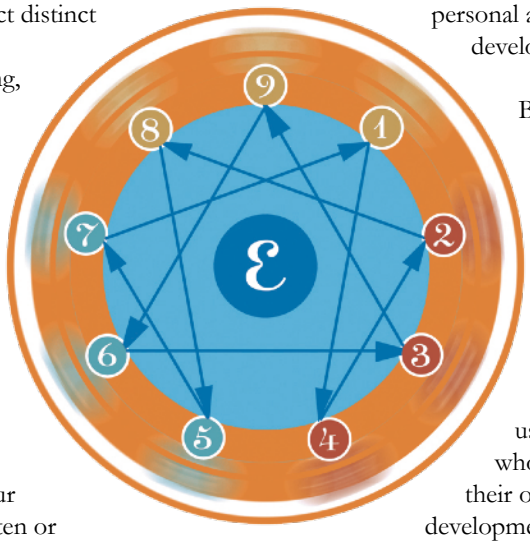
Each Enneagram style is rooted in one of three Centers of Intelligence: the Head Center, the Heart Center, or the Body Center. The three Centers of Intelligence stem from a long Eastern philosophical tradition and refer to the ways in which we typically process information and respond to events. While 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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