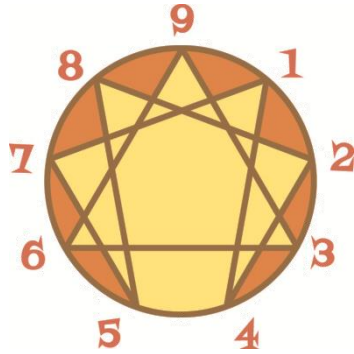


9 Models of the World



We see things not as they are **BUT AS WE ARE** because each of us is looking out from within our own model of the world. Our model of the world influences what we pay attention to, how we interpret and react to events, the meaning we assign to them, and much of what we think, feel, do, and say.

The **Enneagram** not only offers a window into our particular model of the world, it can help us develop the self-awareness that's essential for creating positive and sustained change.

This course will help you:

- *Increase your self-awareness*
- *Find out how you get in your own way—and what to do about it*
- *Learn how to communicate more effectively with others and understand them at a deeper level*

The topics covered are:

- *The 9 Types*
- *Stances: Aggressive, Withdrawing, and Compliant*
- *Centers: Doing, Thinking, and Feeling*
- *Triads: 2/5/8, 1/4/7, and 3/6/9*
- *Coping Styles: Competency, Positive Outlook, and Reactive*
- *Wings*
- *Levels of Development: Healthy, Average, and Unhealthy*
- *Balance Points: Stress and Security*
- *Relationship with Community*
- *Suggestions for Recognizing Your Automatic Responses and Expanding Your Range of Options*

8 group sessions | \$250⁰⁰

