



ADVANCED (LEVEL 2) PEOPLE AND SELF MASTERY WITH ENNEAGRAM

Coaching Track: Certified Enneagram Coach

www.relationshipstudio.com



The
Enneagram
Academy

You are done with Level 1, so what's next?

You are serious about moving up the mastery level and see more growth in your life.

You are passionate to help others.

We get it.



To excel at the highest level - or any level, really - you need to believe in yourself, and hands down, one of the biggest contributors to my self-confidence has been private coaching.

Stephen Curry

WHAT IS IT?

(Advanced) People and Self-Mastery with the Enneagram programme allows you to help yourself and others in a deeper and meaningful way using the Enneagram.

Often, managers and leaders in companies play the dual role of superior and also career coach.

To make the role even more challenging, there are a thousand and one developmental frameworks out there that could be used in the area of consulting. 'Which one to use?'

Now that you have learnt about the goodness of the Enneagram in your Level 1 class, you have seen how this framework can help you move up your self mastery level.

With proper use, you can coach yourself and others to reach greater potential in life.

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BY THE END OF THIS PROGRAM, YOU WILL:

- Understand yourself (and your coachee) better through the Enneagram questionnaire outcome report
- Have the ability to come up with (and provide) career and self-developmental advice that are aligned with findings from the Enneagram report
- Be able to guide yourself (and your coachee) into having a heightened sense of awareness
- Be able to uncover blind spots that have prevented yourself (and your coachee) from achieving your true potential
- Maximise your (and your coachee) developmental path that would maximize your potential
- Have a greater level of self-awareness as you grow as individuals and coaches
- Have first-hand experience of being in the coachee role

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LEARNING OBJECTIVES

- Effectively analyze the Enneagram report
- Accurately identify your (and your coachee's) vicious cycle
- Assess your (and your coachee's) strengths and weaknesses using the Enneagram framework effectively and efficiently
- Apply coaching strategies that would help you (and your coachee) manage the weaknesses in your (and their) life
- Learn strategies that would help maintain or further develop your (and your coachee's) strengths
- Pick up listening skills in the coaching process
- Apply tried and tested coaching skills to help break vicious cycles
- Use questioning techniques that will help you (and your coachee) to see more possibilities in life
- Apply the 3 centers of intelligence – head, heart, body – in the coaching process
- Use the 6 levels of motivations as a coaching technique
- (Optional) Individuate yourself as a competent Enneagram coach

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Furthermore, it is not just about self-mastery, it's also about people mastery.

The skills that you pick up, and the experience you are about to go through with us, will be unforgettable and will take you to greater heights in life.

As you personally experience this transformation, you will also help many others along the way.

**Let us help you (and your coachee)
gain clarity.**

PROGRAMME OUTLINE

DAY 1

MORNING SESSION

- Trainer Introduction
- Setting the Learning Objectives
- Creating a safe Learning Environment
- The Enneagram Difference
- Overlays
- Enneagram Subtypes

AFTERNOON SESSION

- Understanding Motivations Typing Factors
- Differentiating Questions
- Practical

DAY 2

MORNING SESSION

- Coaching with the Head Centre
- Universal Scale
- 2 Factor Theory
- 4D Coaching Strategies™
- Analysing the Enneagram Report
- Patterns in the Enneagram
- Crack the Ennea Scores™

AFTERNOON SESSION

- Understanding Motivations Typing Factors
- Differentiating Questions
- Practical

DAY 3

MORNING SESSION

- Coaching with the Heart Centre
- Clarity Search
- The “Chunking” Strategy
- Whole-hearted Listening
- Listening for Stories
- Emotional Range

AFTERNOON SESSION

- Coaching with the Gut Centre
Coaching Strategies
- Type-based Strategies
- Peer Coaching
- Closing Circle

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OUR TRAINERS



Cindy Leong

Cindy is a highly sought-after Enneagram Personality Coach and Corporate Trainer who can help you make sense of your professional and personal relationships.

She is an Accredited Professional with the renown International Enneagram Association (IEA). She is also a member of the International Coach Federation (ICF) and Singapore Psychological Society (SPS) and an accredited dating practitioner with the Singapore Social Development Network (SDN). To date, she has impacted more than 20,000 lives.

Besides a Bachelor Degree in Psychology (majoring in Communications), she also has a Diploma in Business and has done in-depth research and studies in the areas of Organisational Behavior and Gender Communications, both in Singapore and Taiwan. Through her expertise in corporate executive coaching, personal development, and relationship coaching, she has helped many professionals in their walk through challenging times, particularly in the areas of identity searching, relationship building and career breakthrough.

She is well-versed in both English and Mandarin. Aside from being a published author of 2 books, she has also been invited by several radio stations and magazines as a expert guests to provide insights into Enneagram, workplace conflicts and relationships. She is currently the Resident Relationship Expert on Mediacorp Class95 FM.



Coen Tan

Coen is an Enneagram Master Trainer and Communication Coach. Having emerged from a decade of depression, Coen brings his unique experiences, fresh perspectives and finely-honed skills to people he works with. Coen has trained regionally and spoken in Singapore, China, India, Thailand, Malaysia, Philippines and Taiwan, and has trained in English and Mandarin.

A Distinguished Toastmaster, Coen has achieved the Gold Distinction Award (Speaking in Public) by the London Academy of Music and Dramatic Arts(LAMDA). He is also a member of various professional associations, such as the Global Speakers Federation (GSF), Asia Professional Speakers Singapore (APSS), the Association of Talent Development (ATD) and the Adult Educators' Network (AEN).

Coen's dynamic energy, authentic style, personable approach and sometimes unorthodox style are infectious and instrumental in helping his clients achieve personal breakthroughs and unleash their underlying potential. His programs are guaranteed to be fun, engaging and experiential.

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IMPORTANT INFORMATION

PRE-REQUISITE

Learners must have attended Level 1: People Management with Enneagram / Leadership Excellence with Enneagram.

TRAINING METHODOLOGIES

A combination of lecture, group discussions, peer coaching & panel interview.

DURATION

3 days (8 hours each)

INVESTMENT

SGD \$2,225

EARLY BIRD PRICING

(45 days before the commencement of class) SGD \$1,995

WORKSHOP BONUS:

- Enneagram Typing Cards
- Enneagram Growth Chart
- 6 Levels of Motivation Mat
- Enneagram Mat

CERTIFICATION (OPTIONAL)

Those who wish to attain the Enneagram Coaching Certification are required to complete 2 coaching assignments after the course.

CERTIFICATION FEE (OPTIONAL)

SGD \$450

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