

INSTINCTS AND SUBTYPES

An Enneagram Narrative Core Program with ESNT Core Faculty Member Peter O’Hanrahan

October 18-19, 2014

265 Ridley Blvd

Toronto, Ontario, M5M 4N8



Every person has three instincts (self-preservation, one-to-one

and social), but one of these tends to be more central in our daily lives and relationships. This primary instinct determines our Enneagram subtype. The three instinctual drives include:

- *Self-preservation*, which guides our relationships with home, food, security and family
- *One-to-one*, which fuels our personal vitality, sexuality, intimate relationships, and our experience of spiritual union
- *Social*, which forms our friendships, participation in groups and community, and social identity

These energies combine with the nine Enneagram types to create 27 variations. The study of subtypes holds the key to understanding our path in life and our role in the human community. Many people have found that subtype differences can be more crucial than personality type issues in relationships.

The cost for this non-residential workshop is \$395 if you register by October 1, or \$445 after October 1. The format includes presentation and discussion, small groups, subtype panels in the Narrative Tradition, and somatic exercises.

Prerequisite: *Enneagram Intensive 2.0* or by permission if you know your Enneagram type and have attended another Enneagram school or at least two Enneagram workshops. Contact Barb Allgaier at registrar@enneagramworldwide.com or 303-697-9456 or 866-241-6162, ext.1. Or register online at www.enneagramworldwide.com/programs/.

WHAT PARTICIPANTS SAY ABOUT THE NARRATIVE TRADITION

“The Narrative Tradition teachings are an expression of life in action. Each teaching includes examples of individuals who are living out their patterns in the moment. It is a joy to behold and to experience personally for all involved in being ‘in service’ as a coach and transformational leader.”

- BETTYLYNN STOOPS, INTEGRAL MASTER COACH, TORONTO

“Enneagram Intensive 2.0 in Toronto, with a threefold focus on the somatic, spiritual and psychological, was profound and enlightening. The experience changed my life because I now feel I have a choice in how I approach interactions with family, friends and colleagues. I also am more aware of the strengths and difficulties in my type structure.” - CYNTHIA STEVENS, M. DIV., SPIRITUAL DIRECTOR

“Through the Narrative Tradition, you’re able to see a variety of physical, emotional and mental energies within the same Enneagram type. This is important because it’s not what we do, it’s why we do it that shapes us.”

- AMIEL HANDELSMAN

“Nothing replaces having other people speak about their own experience about what it’s like to be a particular type. It never gets old, and it always takes my breath away. I continue to be full of joy and awe at the Narrative Tradition.” - LOUISE PHIPPS SENFT

“This program is an elegant engagement of the simplicity and depth of universal process for growth and the wisdom of the Enneagram. The unique talents and gifts of the program leaders accelerated my personal progress and enhanced my capacity to serve others.”

- MARJORIE KEARNS SMITH, LEADERSHIP COACH



ENNEAGRAM
IN THE NARRATIVE TRADITION

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ENNEAGRAM
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Enneagram Narrative Curriculum

TORONTO
2014-2016



*Transforming lives.
Creating a more compassionate world.*

www.EnneagramWorldwide.com

THE ENNEAGRAM IN THE NARRATIVE TRADITION

Enneagram Studies in the Narrative Tradition (ESNT) is an educational nonprofit dedicated to transforming lives and creating a more compassionate world. We present trainings in 15 countries worldwide, and are excited to announce our new Enneagram Narrative Curriculum in Toronto, ON.

The Enneagram is one of the world's most useful tools for understanding personality, deepening self-awareness, raising consciousness and transforming interpersonal relationships. **The Narrative Tradition** – people sharing their own stories and insights – has proven especially effective in reaching deep levels of awareness and accelerating personal growth.

If you have witnessed a panel discussing core issues from the vantage point of their type, you may remember the shock of self-recognition or the relief of finding “your community.” This kind of learning, which comes only through direct experience felt in the heart, is the essence of the Narrative Tradition. More than just a methodology, it provides a container for transmitting generations of wisdom and evoking the specific wisdom that lies within each of us.

We welcome students who are new to the Enneagram or have studied with other teachers. Visit us at www.EnneagramWorldwide.com or contact Barb Allgaier at **303-697-9456** (outside the U.S.) or **866-241-6162, ext. 1** (toll-free) or at registrar@EnneagramWorldwide.com.

“Reading about the Enneagram types was a good starting point. But what really brought them to life was the first time I observed and participated on a panel. The Narrative Tradition brings alive the infinite variation, yet common patterns, embodied in the energies of each of the types. This work has helped me grow into a deeper awareness of my own type structure that continues to facilitate a greater freedom of being.” - ANDREA PAUL-PURCELL, OTTAWA



ENNEAGRAM NARRATIVE CORE PROGRAM

If you want a foundation in the Enneagram in the Narrative Tradition, the Core Program is the place to begin. Whether you are new to the Enneagram or a long-time student, this program provides a unique, life-changing experience that will deepen your understanding of yourself and others. Core Program courses include **Enneagram Intensive 2.0, Instincts and Subtypes** and **Deepening Spiritual Awareness**.

Each section includes panel interviews in the Narrative Tradition, somatic exercises, and the practice of self-observation/inner awareness. You may begin the Core Program without committing to take all three courses. After completion, you may choose to continue with the **Expanded Enneagram Professional Training Program (EPTP)** and/or **Ongoing Personal Development**.

Core Programs in Toronto 2014

Instincts and Subtypes, October 18-19

(see details, reverse panel)

2015

Enneagram Intensive 2.0, May 18-20; June 26-28

(two-part format)

Deepening Spiritual Awareness, October 2-4

Instincts and Subtypes, November 21-22

EXPANDED ENNEAGRAM PROFESSIONAL TRAINING PROGRAM

Since Helen Palmer and David Daniels founded the EPTP in 1988, more than 1,000 participants worldwide have become Enneagram Teachers in the Narrative Tradition. In early 2014, we introduced the Expanded EPTP, which now offers two certification tracks – one for aspiring Enneagram teachers, and a new one for therapists, coaches, counselors, spiritual directors and other professionals who work one-on-one with clients. Both tracks begin with **The Typing Process**.

Participants continuing with the Expanded EPTP will choose either the **Teachers Track** or the **Professionals Track**. Both include trainings designed to develop and practice skills, an internship and a certification process. Graduates who complete all program requirements will become either a **Certified Enneagram Professional in the Narrative Tradition** or a **Certified Enneagram Teacher in the Narrative Tradition**.

Expanded EPTP in Toronto 2016

The Typing Process, April 15-17

Advanced Training TBA, May 13-15