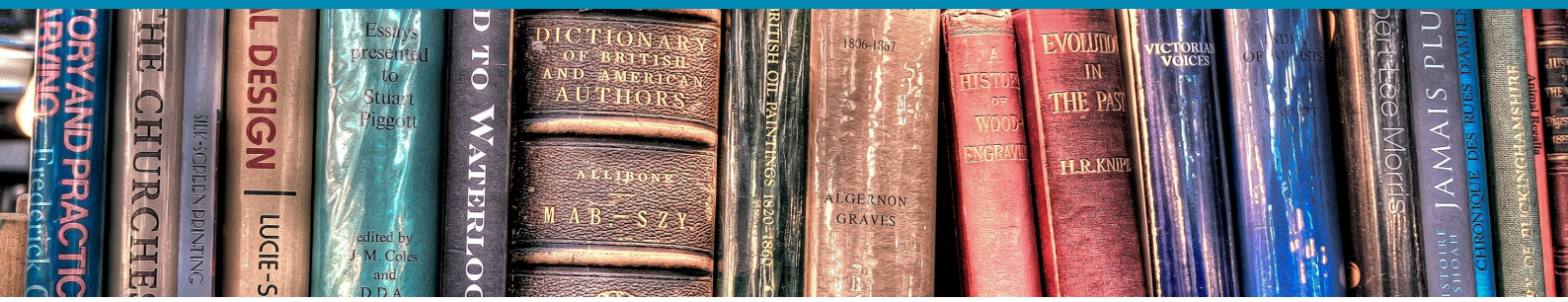
Enneagram Study Group 2019

At Modo Coaching & Training we are passionate about building a community of people who can share a common language for personal growth and development. Come along and learn new ways in which to use the wisdom of the Enneagram in your daily life to understand yourself and others at a deeper level.

We meet on the 1st Thursday of every month from 6.30pm to 9.30pm at Glenecho Neighbourhood Centre, 949 Burrows Road, Glenroy, NSW. Cost is $10 pp, supper, tea and coffee is provided



FEB 7th	**Introduction and Welcome to 2019 Study Group** **Topic: Energetic Expressions of the Types** Embody the wisdom of the Enneagram through experiencing your types energetic expression and how to find balance.
MAR 7th	**Meditation:** Type One - Practicing Non-Judgement **Topic: Working with Anger / Body Center -** learn 'Type specific' ways to work with anger. **Panel:** Type One Panel, explore the delight and disaster of Type One through our guest panel.
APR 4th	**Meditation:** Type Two - Loving Yourself **Topic: Guest Speaker -** Topic: Defense Mechanisms of the Types and how to work with them. **Panel:** Type Two Panel, explore the delight and disaster of Type Two through our guest panel.
MAY 2nd	**Meditation:** Type Three - Stopping and Feeling **Topic: Enneagram at the Movies -** learn about the types through interviews and characters in movies and TV shows. **Panel:** Type Three Panel, explore the delight and disaster of Type Three through our guest panel.
JUN 6th	**Meditation:** Type Four - Beauty in the Present Moment **Topic: Working with Shame / Heart Center -** learn 'Type specific' ways to work with shame. **Panel:** Type Four Panel, explore the delight and disaster of Type Four through our guest panel.
JUL 4th	**Meditation:** Type Five - Connecting with Others and Life **Topic: Guest Speaker -** Topic: Working with the Passions and Virtues of each Type. **Panel:** Type Five Panel, explore the delight and disaster of Type Five through our guest panel.
AUG 1st	**Meditation:** Type Six - Trust in Self **Topic: Expressing our gifts -** Learn about self care and how to nurture the core qualities of each Type **Panel:** Type Six Panel, explore the delight and disaster of Type Six through our guest panel.
SEP 5th	**Meditation:** Type Seven - Stillness **Topic: Working with Fear / Thinking Center -** learn 'Type specific' ways to work with fear and anxiety. **Panel:** Type Seven Panel, explore the delight and disaster of Type Seven through our guest panel.
OCT 3rd	**Meditation:** Type Eight - Gentle Strength **Topic: Guest Speaker -** Topic: Childhood Patterns and Object relations of the Types. **Panel:** Type Eight Panel, explore the delight and disaster of Type Eight through our guest panel.
NOV 7th	**Meditation:** Type Nine - Remembering Who You Are **Topic: Question Time -** Bring a question to the group relating to the Enneagram, a night of Group Exploration **Panel:** Type Nine Panel, explore the delight and disaster of Type Nine through our guest panel.
DEC 5th	**Christmas Breakup - Games Night -** Come and join in, for a night of fun!

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