



9 VIEWPOINTS

February 29, 2024

UPCOMING PROGRAMS

2 DAY WORKSHOP
Self-Mastery & Authentic Communication With The Enneagram
 "Elevate Communication, Understand Diversity, and Ignite Personal Growth"
 SIGN UP NOW www.eqworld.com

Self-Mastery & Authentic Communication With The Enneagram

4 DAY WORKSHOP
Enneagram Practitioner Certification (Level 1)
 "Deep Insights and Transformational Guidance"
 SIGN UP NOW www.eqworld.com

Enneagram Practitioner Certification (Level 1)

4 DAY WORKSHOP
Enneagram Coach Certification (Level 2)
 "Transform Lives and Elevate Performance"
 SIGN UP NOW www.eqworld.com

Enneagram Coach Certification (Level 2)

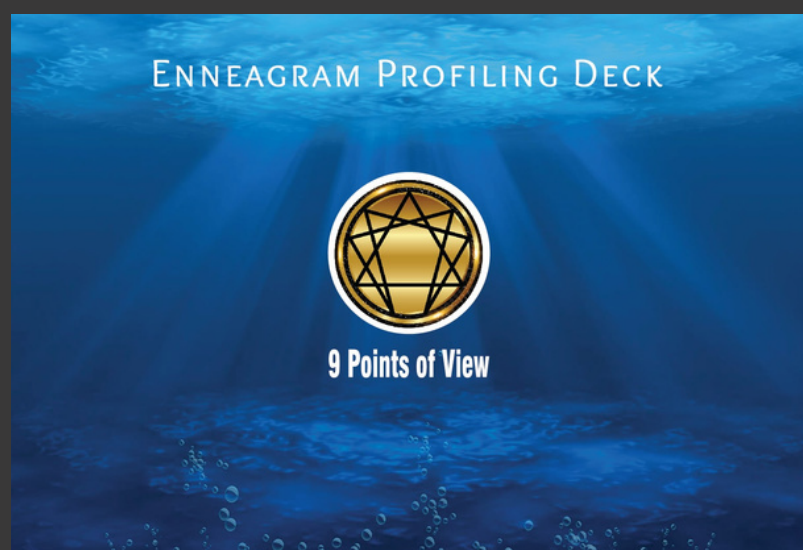
4 DAY WORKSHOP
Enneagram Train-the-Trainer Certification (Level 3)
 "Empower Others Through Enneagram Wisdom: Become an Enneagram Expert"
 SIGN UP NOW www.eqworld.com

Enneagram Train-The-Trainer Certification (Level 3)

FEATURED PRODUCTS

Here are 3 tools which continue to sell consistently and they can be used in your Enneagram workshops and the Decision Deck can be used for coaching, self improvement and almost any workshop.

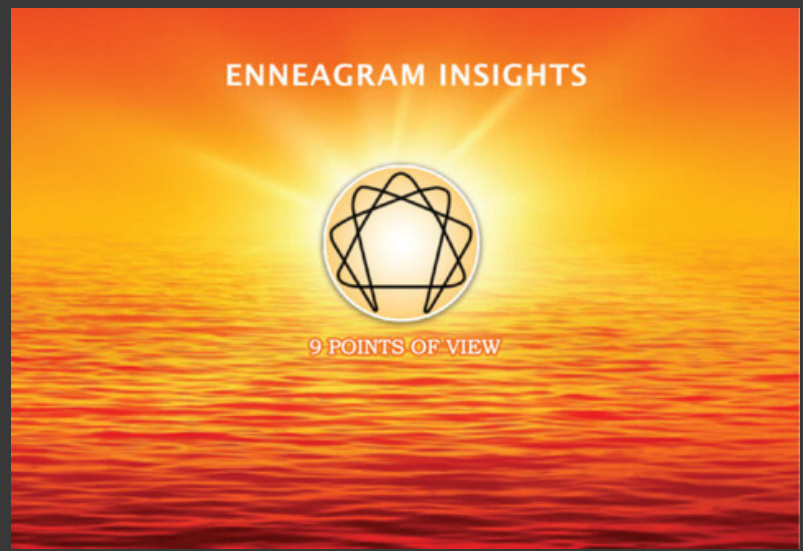
Profiling Deck



This Profiling Deck has 6 Categories – Narrative or Type Summary, Strengths & Weaknesses, Provocative Deepening Questions, Wings, Sub-types and Growth.

[Read more](#)

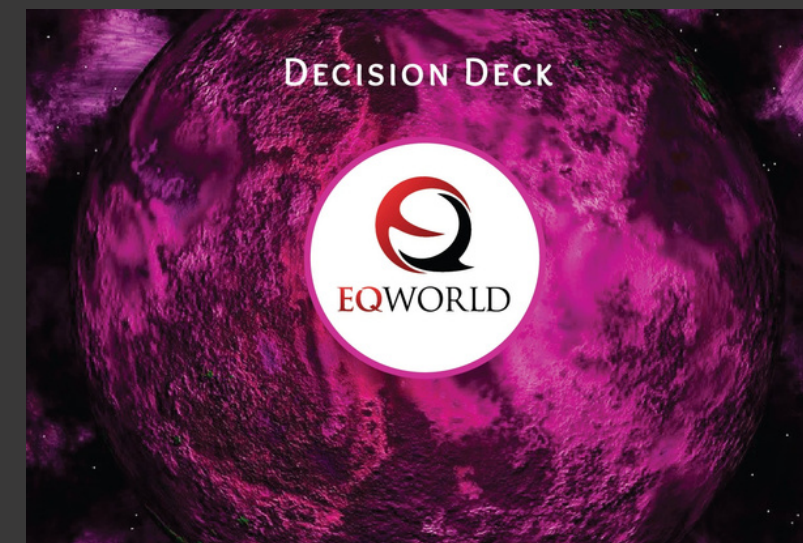
Enneagram Insights



This Deck can be used during a Workshop for group discussions or for a Coaching session.

[Read more](#)

Decision Deck



The Decision Deck has 4 categories; Thoughts, Feelings, Behaviours / Actions and Hopes. Each category has cards with Negative / Unhealthy, Positive / Healthy and Neutral responses.

[Read more](#)

Welcome to the inaugural issue of our first Centre for Enneagram newsletter. Today also marks the doubly auspicious events of a leap year in the Lunar Year of the Dragon. Occurring once every 4 years, a leap year balances the calendar by adding an extra day in February while The Dragon symbolises power, ambition and determination. In Enneagram terms, Type 8 (The Challenger) is closely associated with the dragon's traits of strength, courage and resilience, but all types can be resilient, although it will look different in each type. There are many ways to create more balance in our lives, and we will talk about how accessing the 3 Centres of Intelligence can be an important tool in helping us become more complete human beings.

I am also happy to announce that in April 2024, we will welcome Ginger Lapid-Bogda, PhD, to Singapore and she will be facilitating 2 certifications. I have always considered her the most creative and value adding Enneagram teacher in the world. And the other is of course my other mentor, Jerome Wagner. I first met Ginger in 2006 in Hong Kong and then in many parts of the world. I am proud to say that I have attended all her certifications and I highly recommend that if you can, please consider one of these 2 programs as they will really enrich your Enneagram knowledge bank and expertise!

Granville D'Souza
Dr. Granville D'Souza, DBA

The Wonder of Leap Years



Did you know that leap years are the calendar's ingenious solution to sync our timekeeping with the natural rhythms of the cosmos? By adding an extra day to February once every four years to offset the approximately six extra hours that accumulate each year due to the Earth's orbit around the sun, we realign our calendars with the solar year, ensuring that equinoxes and solstices maintain their positions and seasons remain consistent. Without this correction, our calendar would slowly drift out of alignment with the seasons and result in chaos in agriculture, climate tracking, and various other seasonal activities.

Like the leap year that effectively balances our calendar, we use the wisdom of the Enneagram to discover our blind spots, identify our challenges and grow into the healthiest versions of ourselves. The ultimate goal is to find balance and inner harmony, with various Enneagram paths we can embark on to forward our personal growth and inner work, including the wings, arrows, subtypes and centres of intelligence. You just have to discover which resonates most in your own journey and take it one step at a time.

So, the next time you schedule appointments in your trusty calendar, I trust you will appreciate the subtle yet crucial role played by the humble leap year in keeping our world in temporal harmony. Happy February 29th!

FEATURED ARTICLES

The Different Faces of Resilience

By: Dr. Granville D'Souza, DBA



Resilience is the ability to overcome setbacks or challenges. It involves the ability to adapt to difficult situations while keeping a positive mindset, and finding strength amidst adversity. Resilient individuals are able to embrace change, persevere and learn from their failures to emerge stronger with bolstered self-confidence from being able to "handle it". Depending on our experiences, functional resilience will look and come across very differently across the 9 Enneagram types, as each plays on their unique strengths and challenges to overcome life's difficulties.

Read more about it here: [The Different Faces of Resilience](#)

Cranking up the 3 Centers of Intelligence

By: Alicia Ng



The 9 Enneagram types are rooted in the 3 Centres of Intelligence: the Head, Heart, and Body, and have great importance in the Enneagram. We have all 3 but may not always use them well. However, knowing our core type and dominant centre can be an important guide for personal growth. By understanding our type-based patterns of thinking, feeling and behaving, we can learn ways to engage the 3 centres in more productive ways.

Read more about it here: [Cranking up the 3 Centers of Intelligence](#)

FEATURED EVENT

Enneagram Programs Certification by Ginger Lapid-Bogda, PhD

April 18-21, 2024
 In-person Train-the-Trainer program: Singapore
 "Type, Teach, Transform through the 27 Enneagram Subtypes"
 Presenter: **Ginger Lapid-Bogda PhD**

April 23-26, 2024
 In-person program: Singapore
 "Coaching with the Enneagram 1.0"

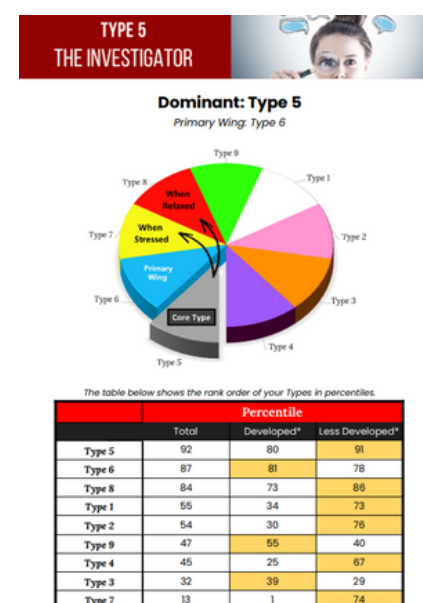
Read more about it here:

- [Type, Teach, Transform through the 27 Enneagram Subtypes](#)
- [Coaching with the Enneagram 1.0](#)

Enneagram Profiling 9 Points Of View

We use our proprietary Enneagram Profiling Tool called the 9POV, in conjunction with our other EQ Profiling Tool, the EQCF. Together, they provide powerful insights into what we call the 18-point checklist.

Read more about 9POV here: [Enneagram Profiling – 9 Points Of View \(centreforenneagram.com\)](#)



CONTACT US



info@eqworld.com

+65 9021 7669



www.eqworld.com

www.centreforenneagram.com