

# Unleashing Your Potential

**Self-Awareness – your key to improving personal effectiveness**

08:30 – 09:00 Registration & Coffee

## **DAY ONE (09:00 – 17:30)**

09:00 – 09:45 An Introduction to Self-Awareness (within the context of Emotional Intelligence and Leadership)

09:50 – 10:20 An Introduction to the Enneagram (re-cap following pre-course reading)

**10:25 – 17:00 The Nine Enneagram Personality types**

Type 3 – The Achiever

10:55 – 11:20 Comfort Break

Type 6 – The Loyal Sceptic

Type 9 – The Mediator

12:25 – 13:15 Lunch

Type 1 – The Perfectionist

Type 4 – The Creative Thinker

Type 2 - The Giver

14:50 – 15:20 Comfort Break

Type 8 – The Boss

Type 5 – The Quiet Observer

Type 7 – The Fun Lover

17:00 – 17:30 Questions & summary

## **DAY TWO (09:30 – 17:00)**

09:15 – 09:25 Re-Assemble

09:30 – 10:00 Re-cap of Day 1

10:05 – 10:30 How Self-Awareness can be useful in the workplace – role play of two types working together

10:35 – 11:30 Individual Type awareness exercises – including time to reflect upon and try out

11:35 – 11:45 Comfort Break

11:50 – 12:50 Self-Awareness in action - real life business scenarios

13:00 – 13:45 Lunch

13:50 – 14:50 Introduction to Contemplation and its uses in the workplace

15:00 – 16:00 Looking after yourself healthily

16:05 – 16:15 Comfort Break

16:20 – 16:40 Where to go from here – your Path of Development

16:45 – 17:00 Final questions and summary

**VENUE:** TBA

**DATE:** TBA