



## Enneagram Certification Program in Conscious Living Program Syllabus

Immerse yourself in an interdisciplinary, comprehensive training that combines rigorous teachings, academic studies, and experiential practices transmitted by today's leading Enneagram teachers.

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### Unit 1: Foundations of the Enneagram for Laying the Building Blocks You'll Use Throughout the Year — Integrating Body, Heart & Mind (24 Sessions in 10 Weeks)

In this opening unit, Russ and Jessica will take you through the **basic terminology and concepts** you'll need to understand the Enneagram and prepare for your in-depth journey. You'll discover some of the building blocks you'll be working with throughout the year-long program.

You'll explore the **orientation of the Enneagram**... discovering that the work is *not* just the nine categories of personality types. The Enneagram wasn't designed to lock us in boxes. Instead, it's about interrelationship and development. It's about the relationship between our ego, or personality, and who we truly are as **presence** — as **essence**.

This unit includes the **Unit 1 Intensive: Nine Points and Three Centers of Intelligence**, which will bring point/type-specific details into focus and reveal a more advanced way of working with Enneagram's Centers.

#### During Unit 1, you'll discover:

- A **Presence practice** you can use throughout the entire year-long program

- An understanding of the **difference between personality and essence**
- An understanding and application of The Law of One, Law of Three & Law of Seven
- Definitions of key terms and concepts, including **Essence, Passion, Fixation, Virtues, and Holy Ideas**
- **The Fourth Way to awakened consciousness in life** — the “householder” approach to inner work in ordinary life
- An understanding and experience of **the Centers of Intelligence**, and what happens when they get out of balance
- The concepts of balance, imbalance, dominance, and distortion of the Centers
- Three gifts of being present with the Centers on the path—**grounding, kindness, and curiosity**
- The healthy, average, and unhealthy aspects of all nine Enneagram points

### Unit 1 Sessions:

- **Orientation & Community Gathering (April 17, 2024)**
- Unit 1, Teaching 1: Authentic Orientation to the Enneagram and Awakening (April 18, 2024)
- **Live Integration Session (April 24, 2024)**
- Unit 1, Teaching 2: Terms of the Enneagram (April 25, 2024)
- **Live Integration Session (May 1, 2024)**
- Unit 1, Teaching 3: The Body Center and Somatic Presence (May 2, 2024)
- **Live Integration Session (May 8, 2024)**
- Unit 1, Teaching 4: The Heart Center and Emotional Presence (May 9, 2024)
- Unit 1, Teaching 5: The Head Center and Awareness Presence (May 16, 2024)
- **Live Integration Session (May 22, 2024)**
- Unit 1, Teaching 6: The Levels of Development and The Hornebian Triads (May 23, 2024)
- **Live Integration Session (May 29, 2024)**
- Unit 1, Teaching 7: The Harmonic Triads and Inner Lines and Development Part 1 (May 30, 2024)
- Unit 1, Teaching 8: Inner Lines and Development Part 2 (May 30, 2024)

- Integration Session (June 5, 2024)
- Unit 1, Teaching 9: Experiential Practices for the Path of Each Point (June 6, 2024)
- **Live Integration Session (June 12, 2024)**

## **Unit 1 Intensive - Nine Points & Three Centers of Intelligence**

- Unit 1 Intensive Teaching 1: Nine Points Intensive - Healthy, Average, Unhealthy Aspects of Type The Body Center (June 13, 2024)
  - **Live Integration Session with Gayle Scott (June 19, 2024)**
  - Unit 1 Intensive Teaching 2: Nine Points Intensive - Healthy, Average, Unhealthy Aspects of Type The Heart Center (June 20, 2024)
  - Unit 1 Intensive Teaching 3: Nine Points Intensive - Healthy, Average, Unhealthy Aspects of Type The Head Center (June 20, 2024)
  - **Live Integration Session with Gayle Scott (June 26, 2024)**
  - Unit 1 Intensive Teaching 4: Imbalance of Centers Part 1 & Unit 1 Intensive Teaching 5: Imbalance of Centers Part 2 & The Law of Seven (June 27, 2024)
  - **Live Integration Session (July 10, 2024)**
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## **Unit 2: Embodying the Power & Wisdom of the Instinctual Drives & Subtypes — Dissolve Psychic Disconnection & Live in Your Body** (14 Sessions in 9 weeks)

The second unit will cover the **Three Instinctual Drives — Self-Preservation, Sexual, and Social Instincts**, which create the subtypes of the nine Enneagram points. You'll gain a more specific understanding of the psychological patterns that block you from moving forward.

**Working with the Instincts also enables you to do the behavioral work** that helps you see the imbalances in your life... and how you leak the vital energies you need for the development of your consciousness.

For two teachings in this unit, Russ and Jessica have brought in **guest faculty Beatrice Chestnut** and **Uranio Paes**, who provide a multidisciplinary approach to working with the subtypes.

## This unit will help you understand:

- What the Instincts are, biologically and phenomenologically
- How to **work with the Instincts for healthy living, transformation, and awakening**
- Ways to work with your **blind spots**
- Approaches to working your **dominant Instinct**
- Methods for working with your *Instinctual Stack*
- How to identify and **work with your subtype from 2 different lenses and lineages** — increasing the facets through which you can understand your motivations, challenges, and opportunities for growth
- The **experiential journey** from unconscious to conscious presence with the instincts — through **guided practices and processes**

## Unit 2 Sessions:

- Unit 2, Teaching 1: The Instinctual Drives and Awakened Somatic Intelligence (July 11, 2024)
- **Live Integration Session (July 17, 2024)**
- Unit 2, Teaching 2: Cultivating Awareness of the Self-Preservation Instinct (July 18, 2024)
- Unit 2, Teaching 3: Cultivating Awareness of the Sexual Instinct (July 25, 2024)
- **Live Integration Session (July 31, 2024)**
- Unit 2, Teaching 4: Cultivating Awareness of the Social Instinct (August 1, 2023)
- **Live Integration Session (August 7, 2024)**
- Unit 2, Teaching 5: Creating Greater Balance in Our Lives Through Awareness of the Instincts (August 8, 2024)
- **Live Integration Session (August 14, 2024)**
- Unit 2, Teaching 6: Experiential Journey: Unconscious to Conscious Development of the Instinctual Energies (August 15, 2024)
- **Live Integration Session (August 21, 2024)**
- Unit 2, Teaching 7: Using the Enneagram's Instinctual Subtypes to Achieve Powerful Growth Shifts, Part 1 with Beatrice Chestnut & Uranio

Paes (August 22, 2024)

- Unit 2 Teaching 8: Using the Enneagram's Instinctual Subtypes to Achieve Powerful Growth Shifts, Part 2 with Beatrice Chestnut & Uranio Paes (August 29, 2024)
  - **Live Integration Session (September 4, 2024)**
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### **Unit 3: Cultivating the Virtues — Develop the Potential of the Human Heart to Stay Open in the Midst of Any Emotions or Circumstances** (9 Sessions in 6 Weeks)

In this Unit, **you'll experience a teaching from Sandra Maitri**. You'll study **the Virtues** — exploring **the Passions** of the Enneagram type and how they can be transformed into the Virtues.

You'll learn to **develop a relationship between your deeper heart (or your bigger heart) and your ordinary emotions**. You'll gain a capacity to see past the ordinary emotions you identify with.

You'll also learn the relationship between states of Essence and the Virtues. The Virtues are one of the signs that someone's doing their inner work... living from the Virtues as a result of being transformed by their journey. In other words, **the Virtues are one of the fruits of real work with the heart**.

**As a result of the wisdom and practices shared with you in this unit, you'll experience:**

- A development of the neutral heart, which holds the Virtues that are so important in today's world
- A **heightened ability to stay present with the changing and tumultuous vicissitudes of human life**
- The growing capacity to **respond to circumstances with an open heart**
- Your own heart filled with **new creative and wise capabilities**
- **Meditations, processes, and practices** to help you develop the neutral heart
- How the neutral heart supports a creative heart, allowing you to

respond to the challenges and opportunities of life with more finesse and contribution

### Unit 3 Sessions:

- Unit 3, Teaching 1: Awakening the Capacities of the Heart with Sandra Maitri (September 5, 2024)
  - **Live Integration Session (September 11, 2024)**
  - Unit 3, Teaching 2: Understanding and Developing Innocence, Engagement, and Serenity (September 12, 2024)
  - Unit 3, Teaching 3: Understanding and Developing Humility, Authenticity, and Equanimity (September 19, 2024)
  - **Live Integration Session (September 25, 2024)**
  - Unit 3, Teaching 4: Understanding and Developing Non-Attachment, Courage, and Sobriety (September 26, 2024)
  - **Live Integration Session (October 2, 2024)**
  - Unit 3, Teaching 5: Experiential Journey for Developing the Virtues (October 3, 2024)
  - **Live Integration Session (October 9, 2024)**
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### Unit 4: The Holy Ideas: The Higher Mind & the Flowering of Logic, Intuition & Vision — Cultivate the Capacity for Creative Solutions & Perspectives (8 Sessions in 6 Weeks)

For one of the teachings in this unit, Russ and Jessica have brought in **guest faculty A. H. Almaas, also known as Hameed Ali**.

**The Holy Ideas arise when you've worked through the fixated point of view of your ego.**

You'll explore the **quality of mind — embracing whatever you think about** — and how it leads to new creative solutions and perspectives. As you develop the quality of mind, you learn to live more closely to your true mind (or higher mind) and a nondual orientation. You see possibilities you're not able to see from a fixated mind.

This growth is **crucial to living with the challenges of our world today**. We *have* to learn to act in accordance and alignment with a *greater* truth.

**During this unit, you'll discover how:**

- **The Holy ideas relate to *nondual consciousness***
- As the symbol of the Enneagram indicates, any authentic nonduality also contains discernment that includes dualistic perception
- To access and **live in alignment with a truth much bigger than your own**
- Urgent it is to cultivate a quality of mind perspective, so you can help **heal the suffering in today's world**
- To **cultivate practices** that will serve you for the rest of your life

#### **Unit 4 Sessions:**

- Unit 4, Teaching 1: Living from Awakened Mind with Hameed Ali (October 10, 2024)
- Unit 4, Teaching 2: Understanding and Contacting Holy Truth, Holy Love, and Holy Perfection (October 17, 2024)
- **Live Integration Session (October 23, 2024)**
- Unit 4, Teaching 3: Understanding and Contacting Holy Freedom, Holy Hope, and Holy Origin (October 24, 2024)
- Unit 4, Teaching 4: Understanding and Contacting Holy Omniscience, Holy Faith, and Holy Plan (October 31, 2024)
- **Live Integration Session (November 6, 2024)**
- Unit 4, Teaching 5: Experiential Journey for Contacting and Embodying the Holy Ideas (November 7, 2024)
- **Live Integration Session (November 13, 2024)**

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**Unit 5: Living Closer to Essence to Access Higher Wisdom & the Divine** (12 Sessions in 11 Weeks)

For this unit, you'll receive the gift of a teaching from **Cynthia Bourgeault**.

You'll take all the wisdom, insights, and practices you've learned so far and put them in a larger context — that is, **conscious living**.

We take an initial path when we start deepening our understanding of the Enneagram and its profound applications. **This path moves us closer to our Essence...** and to our ability to refer to our Essence and ask it for guidance.

The goal is **to live more and more each day as Essence itself**, while also becoming more and more profoundly human.

In this unit, Russ and Jessica will guide you into **the depth and breadth of the qualities of Essence**.

You'll start to relax out of your fixations and suffering enough to access the energies of Essence. You'll explore the *law of one*, *law of three*, and *law of seven*. You'll talk about *and* move toward **experiencing more directly what's traditionally been known as “the Divine.”**

In this unit, Russ and Jessica will share:

- A distillation of the first half of this program
- An exploration of **the various faces of the Divine, grace, and blessings**
- About *the Missing Piece* and the *Transparent Veil*
- The Law of One, Law of Three, and Law of Seven
- **Profound teachings on relatedness**
- What it means to experience authentic love in human relationships
- Many **practices and processes to integrate this intensive body of teachings**
- Practices to develop your intuitive capacity

### Unit 5 Sessions:

- Unit 5, Class 1: Envisioning What is Possible (November 14, 2024)
- **Live Integration Session (November 20, 2024)**
- Unit 5 Teaching 2: Essence, the Transparent Veil, and the Missing Piece, Part 1 (November 21, 2024)
- **Live Integration Session (December 4, 2024)**
- Unit 5, Teaching 3: Essence, the Transparent Veil, and the Missing Piece,



Part 2 (December 5, 2024)

- **Live Integration Session (December 11, 2024)**
  - **Live Integration Session (January 8, 2025)**
  - Unit 5, Teaching 4: Authentic Love — Part 1 (January 9, 2025)
  - **Live Integration Session (January 15, 2025)**
  - Unit 5, Teaching 5: Authentic Love — Part 2 (January 16, 2025)
  - **Live Integration Session (January 22, 2025)**
  - Unit 5 Teaching 6: The Laws of One, Three and Seven, with Cynthia Bourgeault (January 23, 2025)
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## **Unit 6: The Art of Recognizing the Enneagram Types of Others — Gain Insight Into Yourself & Others** (6 Sessions in 4 Weeks)

In this unit, Russ and Jessica will offer their insights about how the recognition of type helps us interrupt the patterns of our fixations. For some of the teachings in this unit, Russ and Jessica have brought in **guest faculty Ginger Lapid-Bogda, PhD, and Katherine Fauvre** to help you understand the smaller things that can help you type people, such as facial gestures, languaging, word usage, and other patterns.

They'll provide you with the knowledge and skills you need to recognize these characteristics in other people... as well as the “do’s and don’ts” protocol around discussing them and using them in *support* of others... instead of imposing our perceptions of them.

### **In this unit, you’ll explore:**

- Ways to **notice aspects of other people’s types, and use that information in service to them**
- The importance of understanding our fixations
- How **fixations keep us sheltered from our fears** of separateness
- Why we become invested in the feelings of any moment — emotionally, physically, and mentally

Unit 6 Sessions:

- Unit 6, Teaching 1: Orientations of Typing as Discovery and Growth (January 30, 2025)
  - **Live Integration Session (February 5, 2025)**
  - Unit 6, Teaching 2: Facial, Movement and Verbal Expressions of Type with Katherine Chernick Fauvre (February 6, 2025)
  - **Live Integration Session (February 12, 2025)**
  - Unit 6, Teaching 3: Clarity in Typing with Ginger Lapid-Bogda (February 13, 2025)
  - **Live Integration Session (February 19, 2025)**
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## **Unit 7: Methods & Practices for Illuminating Pathways to Growth & Transformation** (15 Sessions in 10 Weeks)

For several teachings in this unit, Russ and Jessica have brought in **guest faculty Andrea Isaacs, Kathy Jankowski, Tom Condon, Roxanne Howe-Murphy, EdD, Mario Sikora, Marion Gilbert, Heather Ruce, Terry Sarancino, and Christopher Copeland.**

You'll discover and experience a wide variety of potent methodologies for transformation. Some will come directly from the Enneagram, and others from the modalities that people in other fields use to help **illuminate the somatic, emotional, and cognitive pathways of growth needed for transformation.**

Russ, Jessica, and the other experts will guide practices to help you with your affect, healing, responsiveness, and sensitivity, as you cultivate discernment, clarity, and vision.

**Here are just some of the brilliant guest teachers and practices you'll deepen your inner Enneagram work with:**

- Integrative Breathwork and somatic practices with **Jessica**
- **Movement, emotional expression, and mudras** with **Andrea Isaacs**
- Qigong and 3-centered practices with **Kathy Jankowski**
- Coaching with the Enneagram with **Tom Condon** and **Roxanne**

### **Howe-Murphy**

- **Gurdjieff movements** with **Heather Ruce**
- How and when to use logic and intuition with Russ and **Mario Sikora**
- **The Somatic Enneagram** with **Marion Gilbert**
- Creating and facilitating 3-centered practices with **Jessica** and **Russ**
- Understanding the Inner Observer and noticing where you're placing your attention, with **Terry Sarancino and Christopher Copeland**

### **Unit 7 Sessions:**

- Unit 7, Teaching 1: Perspectives on Transformational Coaching with Others with Tom Condon (February 20, 2025)
- Unit 7, Teaching 2: Essence Coaching with Roxanne Howe-Murphy (February 27, 2025)
- **Live Integration Session (March 5, 2025)**
- Unit 7 Teaching 3: Object Relations with Belinda Gore (March 6, 2025)
- **Live Integration Session with Belinda Gore (March 12, 2025)**
- Unit 7, Teaching 4: The Embodied Enneagram: a Doorway to Your Emotional Mastery with Andrea Isaacs (March 13, 2025)
- Unit 7, Teaching 5: Integrated Power, Presence, and Dynamism with Qigong with Kathy Jankowski (March 20, 2025)
- **Live Integration Session (March 26, 2025)**
- **Additional Breathwork Session with Jessica Dibb (April 16, 2025) from 2 to 4pm Pacific**
- Unit 7 Teaching 6: Understanding and Experiencing the Nine Points Somatically with Marion Gilbert (March 27, 2025)
- **Live Integration Session with Heather Ruce (April 2, 2025)**
- Unit 7 Teaching 7: Understanding How and When to Use Logic and Intuition with Mario Sikora and Russ Hudson (April 3, 2025)
- **Live Integration Session (April 9, 2025)**
- Unit 7, Teaching 8: Narrative School Methods of Transformation - Terry Saracino & Christopher T. Copeland (April 10, 2025)
- Unit 7, Teaching 9: Narrative School Panel Methodology - Terry Saracino & Christopher Copeland (April 10, 2025)
- **Additional Breathwork Session with Jessica Dibb (April 16, 2025)**

- Unit 7, Teaching 10: Creating Three Centered Practices for Full Transformation (April 17, 2025)
  - **Live Integration Session (April 23, 2025)**
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## **Unit 8: The Enneagram as a Tool for Cultural Competency & Inclusivity — Support the Movement Toward Equity** (6 Sessions in 4 Weeks)

For the teachings in this unit, Russ and Jessica have brought in **guest faculty Deborah Egerton, PhD, Tyler Sit, Milton Stewart, and Abi Robins.**

You'll learn **how to use the Enneagram to support the movement toward equity within our culture** — addressing issues of race, gender, sexual orientation, religious beliefs, and more. You'll discover how the Enneagram can help accelerate and strengthen pathways to a more conscious intersectionality... and how to use it as **a tool to avoid the pitfalls of spiritual bypass and ignorance around cultural challenges.**

In this 6-session unit, you'll discover how we can work with the Enneagram to address social issues in our society in a deeper way.

### **Your remarkable teachers will show you:**

- How to **discriminate among a panoply of cultural assumptions** that you might not be conscious of, but that are always present
- Ways to **become culturally competent by cutting through the tendency toward spiritual bypass**, spiritual inflation, and a premature declaration of transcendence
- **Practices for letting go of cultural assumptions** and being present with people
- What each of the 9 types can be blind to in issues of racism, genderism, sexual orientation discrimination, and all oppressive "isms"
- How to **cultivate your type's contribution to racial-healing efforts and the building of an equitable culture**
- How to use your inner work with the Enneagram to help you do the outer work of **recognizing and ending oppression and**

**racism**, and cultivating healthy intersectionality and inclusivity

### **Unit 8 Sessions:**

- Unit 8, Teaching 1: Understanding Systematic Oppression and How our Enneagram Work is the Key to Changing it with Dr. Deborah Egerton & Milton Stewart (April 24, 2025)
  - Unit 8, Teaching 2: The Enneagram Journey: From Active and Passive Othering to Inclusion and Advocacy with Dr. Deborah Egerton (April 24, 2025)
  - **Live Integration Session with Dr. Deborah Egerton (April 30, 2025)**
  - Unit 8, Teachings 3: The Enneagram for Collective Liberation: Moving from Knowledge to Empowered Action with Abi Robins (May 1, 2025)
  - Unit 8, Teachings 4: Enneagram-Based Strategies for Anti-Racism with Tyler Sit (May 1, 2025)
  - **Live Integration Session (May 7, 2025)**
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### **Unit 9: Building Transformational Communities With the Enneagram for Safety, Learning, Creativity & Innovation** (3 Sessions in 2 Weeks)

This unit is taught by Jessica, Russ, and **guest teacher Dr. Deborah Ooten**.

The gathering of people for a common purpose can be one of the most essential ways that humanity gives birth to and builds structures for safety, learning, creativity, and innovation. This unit will address how the **Enneagram can enhance and empower all of our communities — personal, therapeutic, business-oriented, and organizational... and those involved in service, social action, and spiritual fellowship.**

These kinds of communities can support and encourage us to walk the challenging terrain of self-awareness and spiritual growth.

Jessica, Russ, and Deborah will help you paint a vision and give you tools to build a healthy Enneagram community for inner work, personal development, and conscious growth.

### **In this highly applicable unit, you'll learn:**

- How resistance and type can keep you from building or entering communities, and limit your receptivity to the gifts of community
- **Pathways to enhance the gifts of different types in community**
- Ways to **create a culture of complete wholeness** by understanding and inviting all 9 energies into the work of a particular community
- How to work with the **shadows of the Enneagram** and the shadows of community
- **Community-building exercises** you can use in your local groups

### **Unit 9 Sessions:**

- Unit 9, Teaching 1: Transforming Communities and Being Transformed by Community — Part 1 with Jessica & Deborah Ooten & Unit 9, Teaching 2: Transforming Communities and Being Transformed by Community — Part 2 with Russ, Jessica & Deborah Ooten (May 8, 2025)
  - **Live Integration Session (May 14, 2025)**
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### **Unit 10: A Scientific Approach to the Enneagram for Reaffirming the Validity of This Important Life Path** (4 Sessions in 3 Weeks)

Russ and Jessica have brought in **guest faculty Dr. Dan Siegel and Dr. Jerome Lubbe** to teach one session each in this unit. Both of these esteemed faculty have been involved in studies with a scientific orientation that's inseparable from humanistic or spiritual principles.

Under their guidance, you'll explore science and research, and discuss **science as a doorway to consciousness and the scientific underpinnings of the Enneagram**. They'll share science-based validation that the Enneagram supports real transformation.

## You'll discover:

- **Scientific evidence that the Enneagram is a valid system** to be applied in many arenas
- **Physiological issues** involved in Enneagram work
- How to discuss the Enneagram in a logical way
- What we know about the **brain, neuroscience, temperament, and consciousness**
- Brain-based methods for **working with physical illness**
- Brain-based methods for **transforming psychological patterns**

## Unit 10 Sessions:

- Unit 10, Teaching 1: Towards a Scientific Understanding of the Enneagram with Dr. Dan Siegel and Jessica Dobb (May 15, 2025)
  - **Live Integration Session with Dr. Daniel J. Siegel (May 21, 2025)**
  - Unit 10, Teaching 2: Neurological Potential with the Enneagram with Jerome Lubbe and Russ Hudson (May 22, 2025)
  - **Live Integration Session (May 28, 2025)**
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## Unit 11: Implications of the Work — How the Enneagram Can Continue to Transform You & Your Contribution to the World (3 Sessions in 2 Weeks)

In this final unit, Russ and Jessica will provide you with the **encouragement and tips you'll need as you continue to encounter the realities of life.**

They'll reaffirm how these tools can help you meet various circumstances and conditions as Presence itself.

You'll have a **direct experience of the power and efficacy of all you've learned** throughout the program... and how it's changed you and will continue to transform your life.

Russ and Jessica will help you assess the implications this work will continue to contribute to your personal life. You'll **create practices for yourself** and take stock of where you've landed at the end of this profound journey.

In this final unit, you'll evaluate:

- **What's changed for you** as a result of the program
- How spending a year immersed in this Enneagram program has transformed **your contribution to the world**
- Where you are now, as you look back at where you were a year ago
- Whether you've **fulfilled the intentions and achieved the goals** you set at the start of the program
- What surprised you about the journey you've taken
- **What's calling you forward** as a result of your newfound awareness, insight, and knowledge

### Unit 11 Sessions:

- Unit 11, Teaching 1: Holy Ground and Whole Living with Russ & Jessica (May 29, 2025)
  - Unit 11, Teaching 2: Holy Vision and Whole Living with Russ, Jessica & Julie (May 29, 2025)
  - **Final Live Integration & Program Completion (June 4, 2025)**
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### Elective Sessions (Recordings released throughout the year)

Throughout the year, you'll have access to a variety of workshops recorded by special guest faculty on key Enneagram-related topics. These offerings can supplement and help you personalize your year-long experience as you determine which areas interest you most. To earn your certification, you'll submit a written reflection on three workshops of your choice, although you're more than welcome to watch as many as you'd like.

### Electives:

- Hidden Hazards: Policing through the Lens of the Enneagram with Mike Alexander
- The Enneagram as a Tool to Navigate Addiction and Recovery with Michael Naylor
- Conscious Parenting: How to Deepen and Transform Your Connection with



Your Children with Tracy Tresidder

- Enneagram Prison Project, 9PrisonsONEKey with Susan Olesek
  - The Feminine Through the Three Centers of Intelligence with Julie Harris
  - Defended or Not Defended That is the Question: How Our Enneagram Type and Wellbeing Impacts Our Relationships with Suzanne Dion
  - Deep Dive into Point Six with Gayle Scott
  - Specific Practices to Interrupt the Ego's Habit of Co-opting Experiences of Essence with Jessica Dibb
  - Spiral Dynamics with Deborah Ooten
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