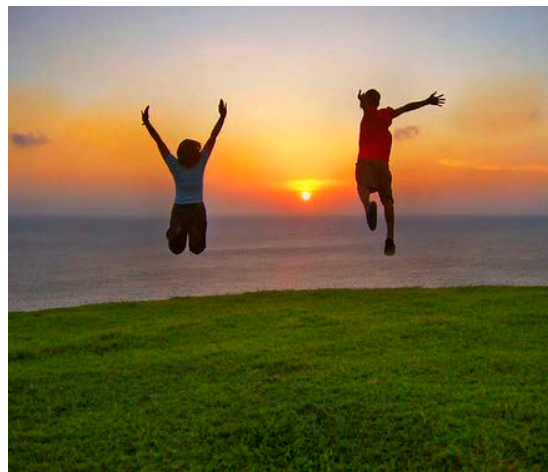


# Opening to JOY . . .

A workshop to discover the Enneagram, a personality system tool; to better understand our motivations and the people in our lives.

**DATE** : 26 January 2013, Saturday  
**TIME** : 9:00 am – 6:00 pm  
[sign-in @ 8:30 am]  
**LOCATION** : 180 Clemenceau Avenue  
#04-01 Haw Par Centre  
**FEE** : \$295 [15% discount if payment received before 4 Jan 13]  
[registration required; space is limited]



The workshop is an introduction to the Enneagram for coaches, consultants, educators, parents who want to better understand their clients, family members so as to better serve them and to respond in ways that are more effective. You will discover:

- ❖ what it is – the head, heart, body centre
- ❖ each Enneagram type – its gifts, strengths and bias
- ❖ new ways of responding that are more compassionate to you and others

With time for experiential exercises, panels, speaking, listening, learning, reflection and creating your own actionable plan; this is an ideal workshop for those who want to share the experience with others. Come be in conversation with others on the journey of self-discovery and connect in a space for shared learning.

## WORKSHOP LEADER

[Therese Tong](#) brings 18 years in global sales/marketing, leadership development and strategic planning in Fortune 500 companies. She is the Principal of [Being & Becoming](#) – helping executives step more explicitly into their leadership through mindfulness, presence, new competencies and living into greater meaning and fulfillment. She studied with Helen Palmer & Dr David Daniels and is a certified Enneagram Teacher in the Narrative Tradition. Therese is also a certified Integral Coach with New Ventures West. Therese is native Singaporean and currently lives in the redwoods in California with her spouse. She continues to travel to Singapore for work and to visit family and friends. For more information about her and the work she is most passionate about, please feel free to check: [www.beingNbecoming.com](http://www.beingNbecoming.com)

“Therese’s expertise of the enneagram and her ability to listen deeply, share insightful comments and questions have profoundly supported me in being an authentic and ethical leader...”  
~ Deborah Burke, Assistant Professor, Cal State University Monterey Bay ~

“Therese’s calm, nurturing personality put me at ease...the support needed for my path towards a new understanding and awareness...through the enneagram, a lifetime of frustrations finally began to make sense...”

~ Lynn Olavarri-Schmidt, CEO, Killroy Pest Control ~

To find out more about this Enneagram workshop, please contact [Jean.Jeanthoh@yahoo.com](mailto:Jean.Jeanthoh@yahoo.com)  
[Therese@beingNbecoming.com](mailto:Therese@beingNbecoming.com)

## REGISTRATION

Please complete registration form. Please make cheque payable to: Marie Therese Tong

Please mail registration and cheque to: Jean Thoh, 10F Braddell Hill #03-22, Singapore 579725

Name: \_\_\_\_\_ Preferred Name: \_\_\_\_\_  
[Last Name] [Name]

Mailing Address: \_\_\_\_\_

Contact: Mobile - \_\_\_\_\_ Other - \_\_\_\_\_

Email Address: \_\_\_\_\_

Cheque #: \_\_\_\_\_ Bank: \_\_\_\_\_

I found out about this workshop through: \_\_\_\_\_

My intention for attending this workshop:

\_\_\_\_\_  
\_\_\_\_\_

For planning purposes, we would like to know your experience with the Enneagram:

- I am very familiar with the enneagram and my type is: \_\_\_\_\_
- I am somewhat familiar with the enneagram and my type is: \_\_\_\_\_
- I am unfamiliar with the enneagram and am curious to find out my type

To find out more about the [Enneagram](#) and to discover your type, please consider exploring: [The Essential Enneagram test](#) or [Riso-Hudson Personality Tests](#) available online.

Please indicate food allergies/vegetarian meal request for lunch: \_\_\_\_\_

Participant Signature: \_\_\_\_\_ Date: \_\_\_\_\_

"I have found the enneagram to be an incredibly holistic system of personality. My initial introduction left me focusing a great deal on the "pros and cons" of my type--sometimes harping unnecessarily on the shadow side. Every enneagram conversation with Therese is empowering; she resists the temptation to see positives and negatives and helps each person to see continual areas for learning and growth through their enneagram reflection."  
~ Julia Claire Landry, Director, Retreat Ministry, Santa Clara University ~

To find out more about this Enneagram workshop, please contact [Jean Jeanthoh@yahoo.com](mailto:Jean.Jeanthoh@yahoo.com)  
[Therese therese@beingNbecoming.com](mailto:Therese.therese@beingNbecoming.com)