

# *The Enneagram Journey*

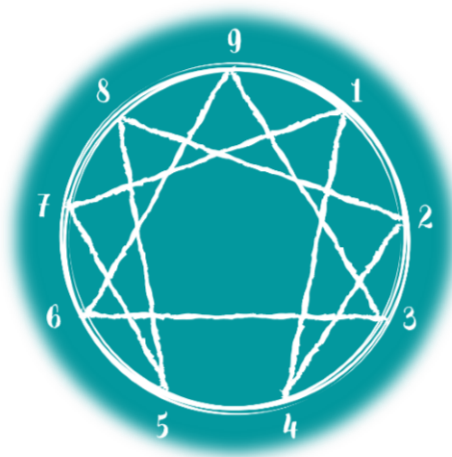
*A video Curriculum with Suzanne Stabile*  
January – March 2021



In this 12-part curriculum, participants will explore the Enneagram, a powerful tool for learning more about ourselves - why we do the things we do (and don't do), how we can become more aware of the workings of our personalities, and how we can grow and seek transformation for greater balance and wholeness.

## **Start date:**

Tuesday, January 26, 2021 - There is a "Come and See" opportunity on **Tuesday, January 12** for interested folks to learn more about the class.



*Classes will be online through Zoom*

*Tuesdays from 2 to 4:30pm*

*January 26,*

*February 2, 9, 16 & 23,*

*March 2, 9, & 16*

*If there is sufficient interest, facilitators will be available for 30 minutes prior to the start of class for answering questions, reviewing class information, or just chatting about the Enneagram.*

## **Registration & Cost:**

[Register here.](#) \$30 to purchase guide and video access

## **Course Topics:**

- 1<sup>st</sup> class: Milestone One: The Enneagram Journey
- 2<sup>nd</sup> class: Milestones Two and Three: Three Ways of Moving through the World – Stances; and Three Ways of Meeting the World – Triads
- 3<sup>rd</sup> class: Milestone Four: A Tour of the Nine Numbers
- 4<sup>th</sup> class: Milestones Five and Six: What's Driving Us – The Passions; and Self-Care on the Journey – Wings, Stress, and Security
- 5<sup>th</sup> class: Milestone Seven: Signposts Along the Way – Motivations and Messages
- 6<sup>th</sup> class: Milestones Eight and Nine: Seeking Balance – Elevating Your Repressed Center; and Slowing Down – Managing Your Dominant Center
- 7<sup>th</sup> class: Milestones Ten and Eleven: The Road Goes On – Care and Transformation of Your Number; and Landmarks – Putting Your Number in Larger Context
- 8<sup>th</sup> class: Milestone Twelve: Fellow Travelers – Tips from Enneagram Companions

### **Participant Expectations:**

- Purchase a book either in print or digital format and video access [here](https://www.lifeinthetrinityministry.com/curriculum), to follow along with the videos and exercises. (<https://www.lifeinthetrinityministry.com/curriculum>)
- Watch the videos for each class ahead of time. Clips of videos may be used in class, but we will not be watching the entire video milestones as a group.
- Plan to attend all sessions. We are combining milestones and covering a lot of material in each class. One absence is okay; more than one will be a problem because of the scope of material covered. If a potential participant knows ahead of time that they will miss more than one class, this is probably not the right time to take the class.

### **Facilitator Commitments:**

- Provide a safe environment for learning by supporting open dialogue in a confidential setting.
- Be familiar with the course material and prepared to lead each class. Facilitate healthy discussions.
- Respect participant schedules by adhering to the start and stop times of classes and providing a break during class.

### **Facilitator Backgrounds**

**Janet Wilson** is a Licensed Local Pastor, currently serving Chapel Hill and Christ churches in Battle Creek. She was introduced to the Enneagram by her young-adult children over 15 years ago, found her place as a type One, and has been on an adventure of learning, utilizing, and teaching since then. She finds it to be a powerful tool of personal, emotional, spiritual, and leadership growth.

**Andrea Johnson** is a Licensed Local Pastor serving Calvary and Faith churches in Monroe. She learned about the Enneagram over 10 years ago when Janet Wilson brought it to their small group as a spiritual practice. As type Eight, understanding the needs and passions of her type has helped her enhance her leadership skills and strengthen personal relationships. In striving to be her “true self,” Andrea has discovered a path to a deeper relationship with God.