

MAY BOOTCAMP DAY 3: MINDSET AND TEAMOLOGY

Introduction

This workshop is a self-awareness and personal development module that introduces participants to their strengths, weaknesses or blindspots via the Enneagram system, and how to better work in teams with others.

Who should attend?

All students who are open-minded and keen to explore and have an understanding of themselves, and gain greater self-awareness and have an early start into personal development, as well as know how to better appreciate working in teams with people different from themselves.

Benefits

- a. A basic understanding of the Enneagram system, a way of classifying personalities into 9 Types.
- b. A deeper understanding of oneself – one’s strengths, weaknesses or blindspots, and pathways of development, via the Enneagram system.
- c. A deeper understanding into how to form an optimal team, while appreciating the diversity of different strengths & weaknesses of others.
- d. The beginning of a journey into deeper self-awareness and personal development, towards a more balanced healthy mind, heart, and gut intelligences.

Learning Objectives

- a. Understand the Enneagram system.
- b. Understand the 3 centres of intelligences in us – the Mind, the Heart and the Gut.
- c. Gain self-awareness about oneself, by articulating one’s strengths, weaknesses or blindspots, and how to balance the weaknesses.
- d. Explore what an optimal team looks like and appreciate people who are different from oneself, in diverse teams.

Course Outline

- a. Introduction to Enneagram and 9 Personality Types.
- b. Understand strengths, and weaknesses or blindspots of each Type.
- c. Self-discovery journey of understanding themselves more deeply.
- d. An Optimal Team formation.