

**Encountering the Enneagram:
a tool that can aid self-awareness and
encourage our relationship with God**

A training day led by Kaye Hunt

at St. Mary's Church, Peterborough

on SATURDAY 1st OCTOBER 2011

Aim: to explore the Enneagram as a possible tool in counselling, and to consider it in relation to Christian Spirituality

By the end of the day, delegates will be able to:

- Appreciate how using the Enneagram can promote self-awareness
- Identify the nine faces/characters of the Enneagram
- Determine the three basic Centres of Energy (The Head, Heart, Gut Triad)
- Consider the strengths and vulnerabilities of each face/character of the Enneagram
- Define how Jesus reflected the various faces/characters of the Enneagram
- Determine the challenges for each face/character of the Enneagram
- Identify how to encourage each face/character in pilgrimage and prayer

Preparation

Delegates are invited to familiarise themselves with the background history of the enneagram (<http://www.enneagraminstitute.com/>) as the day will focus more on use and application.

Profile of trainer

Kaye is a registered practitioner of the British Association of Counselling and Psychotherapy (BACP) and has ten years of training and coaching experience.

Having gained the City and Guilds Teaching Certificates for Stages 1 and 2, Kaye is able to match her teaching and coaching approach with all learning styles. Kaye also gained her mediation qualifications with *UK Mediation* and her coaching qualifications from the *Centre for Coaching* in London. She has also completed a three year Spiritual Direction course including the Ignatian Exercises.

Kaye's web site at <http://www.khhuntlifeskills.co.uk/> shows that she is in private practice as an independent qualified trainer, mediator and cognitive behavioural coach who offers tailor-made life-skills workshops, courses or coaching in order to meet the specific needs of individuals or organisations in a range of skills and coping strategies.

Programme

9.30 - 10.00am	Arrival and coffee
10.00am	Session 1
11.30am	Break
11.45am	Session 2
1.00pm	Lunch - participants are asked to bring a packed lunch
1.30pm	Session 3
3.00pm	Evaluation, distribution of CPD certificates and departure



The Training Venue

The training event will take place at St. Mary's Church Centre, Peterborough, PE1 1TT - pedestrian and disabled access is from New Road. Please see: <http://www.peterborough-stmarys.org.uk/> for road and route map. The centre offers excellent training facilities with toilet and refreshment facilities on the ground floor.

Car parking: City Council car parks are in very close proximity and the walk from the City centre takes about five minutes.

Location

Please location map below:

If travelling by car, the best access route from A1 north/south is from Junction 17 onto A1139

Exit at signs for 'Cathedral' and 'Showcase cinema'

Proceed along Boongate (see map) for St Mary's which is situated at Boongate roundabout (2nd exit)

