

# New 7-Week Course: The Dance of Development

*Begins September 9 on Zoom*

Join us for a powerful 8-week journey into the *emotional blueprint* of your Enneagram type—a living map formed in childhood that continues to shape your life today.

In the Enneagram, the personality structure arises as a dynamic constellation of adaptive strategies meant to secure love, safety, and identity. The **four ego factors—fear, anger, shame, and superego**—represent the core emotional tones and internal mechanisms that drive this adaptation.

Each Enneagram type tends to orient around one of these ego roots:

- *Fear* dominates the Head types (5, 6, 7)
- *Anger* fuels the Body types (8, 9, 1) [Watch a video excerpt here](#)
- *Shame* underlies the Heart types (2, 3, 4)
- The *Superego*—our internal system of judgment and “shoulds”—shapes all nine types across the board

Together, these forces, along with the superego’s influence, form the ego shell that defines and defends our identity. But they aren’t static. They dance in response to our early relational environment and continue shaping our patterns long into adulthood.

## What You’ll Explore:

- **Ego Factors:** Fear, Anger, Shame, Superego
- **Driving Forces:** The Need to Belong & the Need to Be Seen
- **Liberating Dynamics:** Curiosity & Acceptance

This course isn’t about learning the types—it’s about exploring the emotional conditions that created them.

Understanding this interplay enables us to see that personality is not just a pattern, but a living, reactive system formed in the crucible of early need. Belonging and being seen animate the formation of type. Curiosity and acceptance open the door—not by fixing ourselves, but by becoming aware of the living forces that move within us.

This is deep Enneagram work—not as a system of labels, but as a path to inner spaciousness and real presence.

## About the Course Format

This 7-week online course follows a flexible, college-style seminar model. As the instructor, I’ll be teaching the *same core material three times per week* — once in the morning, once in the evening, and once on the weekend. Each session will cover the same topic and teaching focus, but the live group interaction will naturally vary. Think of it like a university course with multiple discussion sections: the lecture is the same, but each group brings its own flavor and insight.

You’re welcome to attend the session that works best for you each week — or drop in to more than one if you’d like to deepen your experience. Life changes week to week, and so does your availability. This course

honors that. The heart of this offering isn't just content—it's engagement, presence, and reflection. Whether you show up once a week or three times, you'll be met right where you are.

## **Course Schedule**

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Each week's class will explore the same core material across three different time slots.

### **Class Schedule**

**Each class is 2 hours. You're welcome to join any or all of the weekly sessions.**

#### **Weekly Session Times (Starting September 9):**

- **Tuesdays at 10:00 AM PT / 11:00 AM MT / 12:00 PM CT / 1:00 PM ET**
- **Tuesdays at 5:00 PM PT / 6:00 PM MT / 7:00 PM CT / 8:00 PM ET**
- **Sundays at 1:00 PM PT / 2:00 PM MT / 3:00 PM CT / 4:00 PM ET**

#### **Week 1: Acceptance**

- Tue, Sep 9 – 10:00 AM & 5:00 PM - • Sun, Sep 14 – 1:00 PM

#### **Week 2: Anger**

- Tue, Sep 16 – 10:00 AM & 5:00 PM - • Sun, Sep 21 – 1:00 PM

#### **Week 3: Fear**

- Tue, Sep 23 – 10:00 AM & 5:00 PM - • Sun, Sep 28 – 1:00 PM

#### **Week 4: Shame**

- Tue, Sep 30 10:00 AM & 5:00 PM - • Sun, Oct 5 – 1:00 PM

#### **Week 5: Superego**

- Tue, Oct 7 – 10:00 AM & 5:00 PM - • Sun, Oct 12 – 1:00 PM

#### **Week 6: Curiosity**

- Tue, Oct 14 – 10:00 AM & 5:00 PM - • Sun, Oct 19 – 1:00 PM

#### **Week 7: Need to Be Seen & Belong**

- Tue, Oct 21 – 10:00 AM & 5:00 PM - • Sun, Oct 26 – 1:00 PM

**Cost: \$357 (Bring a friend and you each save \$50)**

To register or inquire, email [EnneaChild@gmail.com](mailto:EnneaChild@gmail.com) or message me directly.

***Let's enter the dance—where the patterns began, and where presence still is.***

# Invitation to Enneagram Practitioners: From Insight to Immersion

You've done the work. You know your type. You've seen the patterns, named the instincts, traced the wings and arrows. But what if there's more—not more to *add*, but more to *enter*?

*The Dance of Development* is an 7-week experiential journey into the emotional terrain that shaped your Enneagram pattern from the beginning. This isn't a course about learning the types. It's about exploring the early emotional forces—fear, anger, shame, and the superego—that animated the formation of type in the first place.

If you've been snorkeling in the clear waters of Enneagram wisdom, this is your invitation to strap on the oxygen and descend into the deeper layers. Not to fix or improve—but to feel, sense, and witness the living dance of development that still moves in you now.

We'll explore how belonging and being seen shaped your personality's architecture—and how curiosity and acceptance can begin to loosen its grip.

Whether you're a practitioner, teacher, guide, or lifelong student, your insight is welcome here. Bring everything you know. Then let's go deeper—together.

## How to Show Up for The Dance of Development

This course isn't about collecting more knowledge—it's about *meeting yourself where you are*. Each session invites a deeper encounter with the emotional roots that shaped you, the patterns you inherited, and the presence that can transform them. To fully engage, bring these core perspectives: a willingness to reflect on your patterns, curiosity about how they affect your relationships, openness to explore your origins (both familial and ancestral), and a felt sense of inquiry that includes phenomenology, not just your mind. Most importantly, come ready to unlearn, to stay present in the unknown, and to trust that what unfolds is precisely what needs to be seen.

1. **Self-Reflection** – *How does this show up in me, in my reactions, emotions, and sense of self?*
2. **Relational Awareness** – *How does this affect how I relate to others, especially children, partners, or clients?*
3. **Origins Inquiry** – *Where did this begin? What patterns from my family or upbringing shaped this?*
4. **Lineage & Legacy** – *How might this be part of a larger story—ancestral, cultural, or inherited?*
5. **Embodied Curiosity** – *What does my body know about this? Can I sense it rather than analyze it?*
6. **Openness to Unlearning** – *What am I willing to question or let go of, even if it feels familiar or safe?*
7. **Trust in the Process** – *Can I stay with the unfolding without rushing to fix or understand it?*

# The Dance of Development

A dynamic interplay of forces that shape the child and continue shaping the adult long after childhood ends.



These aren't topics to master. They're living energies to feel into, reflect on, and sense your childhood story and the subtle way you show up now.

## Why This Matters

If you're a parent, you already know that your children are shaped less by what you say and more by who you are, especially when you're tired, triggered, or just trying to get through the day.

If you're not a parent, you still carry the imprint of the emotional atmosphere in which you grew up. Your early ecosystem, the patterns, projections, and unspoken expectations, formed the ground from which your personality emerged.