

ENNEAGRAM LEVEL 1

DISCOVERING YOUR AUTHENTIC SELF

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ENNEAGRAM LEVEL 1 – DISCOVERING YOUR AUTHENTIC SELF

Duration: 3 days / 12 hours

Prerequisites: None

Price: €265

Certificate: Accredited and certified in WEA, Berlin

Welcome to a program that changes everything.

The Enneagram is one of the most profound systems for understanding human nature, combining psychology, spirituality, and interpersonal dynamics.

Rather than putting you in a “box,” the Enneagram reveals how unconscious behavior patterns form – and how you can transcend them.

It doesn't just show you who you are now, but who you can become.

Enneagram Level 1 is more than personal development – it's an inner awakening.

In this training, you'll learn to recognize your internal behavioral pattern – what drives you, but also what unconsciously sabotages you.

You'll begin to distinguish between your authentic responses and automatic reactions, identify your “emotional signature,” and learn how to approach life from a place of balance rather than fear, control, or the need for validation.

Key Benefits of This Training:

- Clearer understanding of your identity, values, and unconscious drivers
- Ability to identify what hurts you in relationships – and why
- Awareness of your defense mechanisms and how you avoid uncomfortable emotions
- Skills to improve relationships with family, partners, and coworkers
- Tools to recognize which personality types trigger you – and how to resolve that
- Insight into your unconscious decision-making patterns and how to shift them
- Development of emotional resilience and inner stability
- Deeper self-awareness and compassion for yourself and others

What You'll Learn:

- The 9 personality types and their core traits
- The 3 centers of intelligence (mental, emotional, somatic)
- A first look at “wings” and the influence of neighboring types
- How to recognize and understand other people's types without labeling them
- Exercises to identify your dominant communication and relational styles
- Reflective work: journaling prompts and introspective practices by type





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Methodology:

- Small group setting for deep connection and individualized learning
- Personal tests, questionnaires, and introspective exercises
- Self-inquiry prompts and homework between sessions
- Audio materials and downloadable PDF guides for home practice

This Training Is For:

- Those seeking deep self-awareness, not quick fixes
- Those wanting to improve relationships through understanding, not manipulation
- Those ready to explore both their light and shadow sides
- Those seeking authentic, not conditioned, transformation

What You'll Take With You:

- A map of your inner world and behavioral dynamics
- The ability to understand others without trying to change them
- Tools to build healthier relationships with family, partners, and coworkers
- A sense of inner peace and freedom in decision-making

When you know who you are, you no longer need to be who others expect you to be.
That's the freedom this training brings.

FAQ – Frequently Asked Questions:

Do I need prior knowledge to join Level 1?

→ No, this level is designed for complete beginners.

Do I receive a certificate?

→ Yes, upon completion you'll receive an internationally recognized certificate, accredited in Berlin.

What if I don't know my type yet?

→ The training includes tools, questionnaires, and guided mentoring to help each participant gain clarity about their dominant type.

Will I also learn how to identify types in others?

→ Yes – respectfully and without labeling, you'll learn foundational techniques to recognize behavioral styles in others.

