Transformation is an on going life long journey

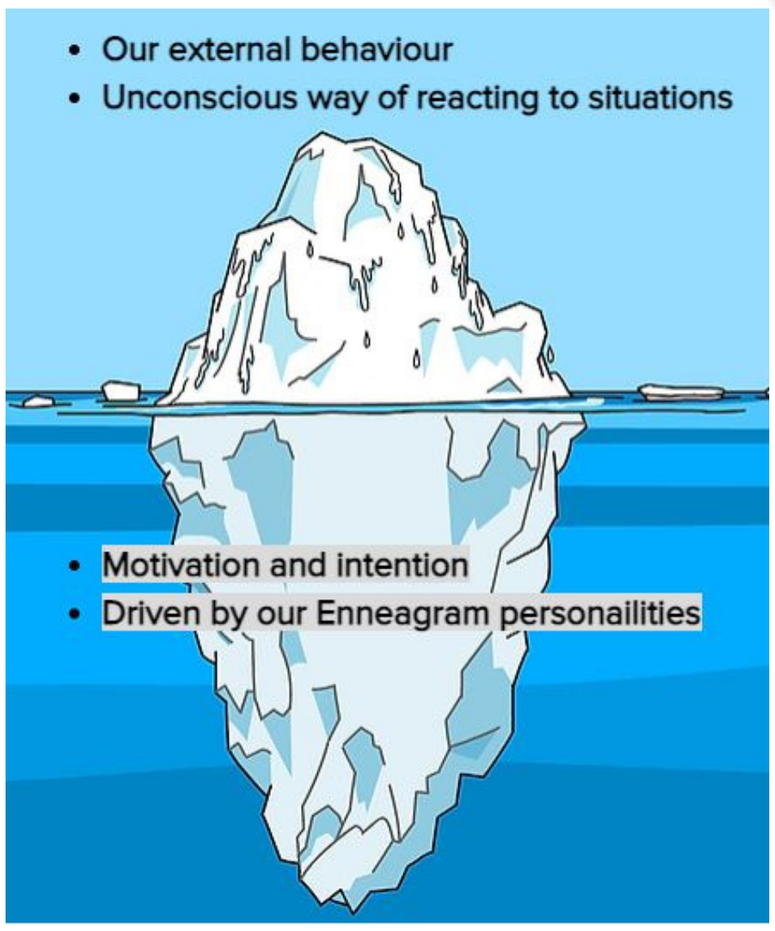
ENNEAGRAM based EXECUTIVE COACHING

A GUIDED AND GRADUAL JOURNEY IN
BECOMING A BETTER VERSION OF YOURSELF

Enneagram + Mindfulness + ICF Coaching conversations

The *eight sessions* (four months) Enneagram based Executive Coaching program is a tailored journey that takes you deep into your Enneagram based unconscious pattern of why you think, feel and act in a particular manner. The 5 steps process in working with your Enneagram is as follow:

1. **Self-Knowledge** - Explore deeper into the iceberg to deeper understand your Enneagram specific intentions, unconscious patterns and blind spots.



2. **Self-Awareness** - Or "catching yourself in the act", trains you to be grounded in the present moment in order to see when your less resourceful Enneagram manifest itself, disguised as stories you tell yourself, your interpretation of a given situation and the way you feel.

3. **Letting it go** - Once you develop the skill to "catch yourself in the act", next thing to do is to let go of current less resourcesful habbits.

4. **Working against it** - This is probably the most challenging but rewarding part of your Enneagram work. To conscientiously and compassionately go against these habbits.

5. **Sustain change** - For any meaningful shift from less to more resourceful Enneagram space to be sustainable in the long run, you will be guided on how to repeat and fine tune steps one through four.

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1) Explore and better understand your core Enneagram type structure.

2) Discover your Enneagram type based "Defense mechanism" and how you may have unconsciously over used them. Learn new approach in handling challenging situations.

3) Discover what your Enneagram type focus on when you interact with people and why certain actions of others trigger you.

4) Emotional Passion: Find out what drive your emotions and why you feel the way you feel.

5) Cognitive Mistakes (belief system). Gain clarity of what drive your thoughts and work to develop new belief system that supports your growth.

6) Mental Traps: Ever wonder why certain thoughts keep causing you to get stuck in your problem? Discover your thoughts pattern and learn how to free yourself from disempowering thoughts .

7) Traits: Uncover and develop useful Enneagram based behavior traits to build positive relationship with people.

8) Further strategies to chart your personal growth and development

BONUS

Guided mindfulness practice as taught by
University of Oxford

Daniel Yeo, PCC
(ICF Professional Certified Coach)

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UNIVERSITY OF OXFORD

Oxford Mindfulness Centre

PCC Professional Certified Coach International Coach Federation

CERTIFIED Master Coach ACTP

MiSP MINDFULNESS IN SCHOOLS PROJECT

International ENNEAGRAM Association

HIGH PERFORMANCE INSTITUTE

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Each month:

- Two 90min face to face/zoom coaching session on enneagram topics.
- In between each coaching session, a 30min zoom/phone calls follow up consultation to support your transformation journey through applying enneagram in your professional and personal space.
- Support over WhatsApp messages.

Daniel Yeo, PCC is the founder of the Mindful Leadership Program at Alive Consultancy (Pte. Ltd.) with global footprints in South East Asia, China and Germany. He is also the founder of Seed Of Lives, a social enterprise focusing in mental wellbeing education for children, teens and adults. Daniel is also a management consultant with the German based PAWLIK Consultants GmbH owned Direct HR Group in China, Shanghai. Daniel is one of the few in Asia certified directly by University of Oxford in Mindfulness Based Cognitive Therapy (MBCT). An accredited Professional Certified Coach with the International Coach Federation (ICF), he is also certified to administer and coach using the Professor Jerry Wagner Enneagram Personality Profiling tool and EQWORLD's EQ Competencies Profile. Daniel work with individuals and leaders in Asia in areas of Resilience, Sales Performance, EQ/Mindfulness based leadership and Influence. Some of his clients included, Meta (Facebook), DYSON, DELL, Agilent Technologies, Telenor Group, Keppel Land, China, Geely Auto (China), Singapore Ministry of Education and Fudan University (China, Shanghai). He has spoken at several high level Human Resources summits in China, Fudan University School of Management and Germany. Daniel is also a mentor at the Asia Institute of Mentoring.

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