



ENNEAGRAM PROFESSIONAL  
TRAINING PROGRAMME  
2020

# Instincts and Subtypes

How we invest ourselves in the activities of our life

21-23 August 2020, Waterkloof, Pretoria

The study of the instincts and instinctual subtypes provides further insight into the way we live our lives, the choices we make, and how we invest ourselves in our important projects and relationships.

According to modern Enneagram teaching, each personality type runs on three instincts and one of them is more central to us. Making up 27 variations (subtypes) of each personality type.

1. **Self-preservation instinct** – guiding our activity with home, food, finances, security, family, and warmth in relationships
2. **Sexual instinct** – fuelling our personal vitality, sexuality, chemistry, face to face relating, and spiritual union
3. **Social instinct** – forming our friendships, our participation in groups and the community, and our social identity

In this workshop we will explore:

- The three different instincts as biological drives
- 27 subtypes and their strengths and challenges.
- How does our subtype shape our major choices in life?
- How does our subtype affect our relationships at home and at work?
- When does our path in life reflect our true self, and how do we know?
- How is the emotional habit (passion) of our type discharged through our subtype activity?

This workshop will focus on The Narrative Enneagram panel method as well as presentations, guided inner practices and small group discussion. Although this is considered a more advanced topic, beginners to the Enneagram are welcome. If you don't know your subtype, you will likely discover it during the workshop.

This workshop will be facilitated by Suzette Fischer with Monika Adelfang

Cost: R9 500

Early Bird Special till 21 June 2020: R8 500

For more information and to register contact Suzette Fischer

[suzette@enneagramsa.co.za](mailto:suzette@enneagramsa.co.za)

[www.enneagramsa.co.za](http://www.enneagramsa.co.za)



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