



Course Title: Power of the Enneagram: Increasing Your Emotional Intelligence

Course Code: BUS 201

Instructor: Cindy Shove

Course Summary:

Explore the nine personality types of the Enneagram and discover your dominant type. Become a keen self-observer noticing your instinctive reactions, and with that knowledge, start to change your behavior – a key component of Emotional Intelligence.

From your classmates and our studies, you will also be able to see and appreciate the patterns of other types. Learn how you might work more effectively and communicate with other types. You'll gain insights into your leadership – how have you been guiding others at work and at home, and how you might do it better.

The final session will focus on how to support personal development beyond the classroom.

Note About Live Attendance and Recording:

Live attendance strongly encouraged

Tuesdays 7 PM to 8:50 PM (Pacific), July 20, 2021 to August 17, 2021

The video presentations are recorded but breakout discussions are not; student attendance is highly recommended due to the interactive nature of learning about the Enneagram. Live attendance is required for credit or grade.

Grade Options and Requirements:

No Grade Requested (NGR): This is the default option. No credit shall be received; no proof of attendance can be provided.

Credit/No Credit (CR/NC): Students must be present (live) online for at least 3 class sessions.

Letter Grade (A, B, C, No Pass): Grade is based on attendance and participation. No written assignment is required. Students must be present (live) online for at least 4 class sessions for an A, at least 3 class sessions for a B, and at least 2 class sessions for a C.

***Please Note:** *If you require proof that you completed a Continuing Studies course for any reason (for example, employer reimbursement), you must choose either the Letter Grade or Credit/No Credit option. Courses taken for NGR will not appear on official transcripts or grade reports.*

Tentative Weekly Outline:

Homework between sessions allows us to focus during class time on deepening that knowledge, sharing your experience, reflecting on new insights, and learning from others. Materials will be a variety of formats: video, text, audio.

Pre-work (before first class):

- Truity Enneagram test (free w/option to pay for report).
- Read first part of chapter 2 of “9 Types of Leadership” (up to “Breaking it Down Again”)

Optional: read chapter 1 of “9 Types of Leadership”

Class 1: The Enneagram System & Your Type. Topics may include:

- Using the Enneagram for self-development & leadership
- Discussion of three intelligence centers
- Discovering or confirming your dominant Enneagram type

Homework:

- Types Eight, Nine and One: tendencies, strengths & challenges
- Complete “Overview of the Enneagram” if you have not already done so

Optional: individual 30-minute call w/ Cindy to clarify your Enneagram type

Class 2: The Body Types (Eight, Nine and One). Topics may include:

- How each type deals with anger
- What comes easily to body types? E.g. planning, authenticity, action
- What is hard for body types? E.g. flexibility, seeing grey areas

Homework: Types Two, Three, and Four: tendencies, strengths & challenges

Optional: Office hours

Class 3: The Heart Types (Two, Three, and Four). Topics may include:

- How each type deals with sadness
- What comes easily to heart types? E.g. reading emotions, adapting
- What is hard for heart types? E.g. reliance on outside approval, needy

Homework: Types Five, Six, and Seven: tendencies, strengths & challenges

Optional: Office hours

Class 4: The Head Types (Five, Six, and Seven). Topics may include:

- How each type deals with fear
- What comes easily to head types? E.g. analysis, processing many options
- What is hard for head types? E.g. moving to action, using other centers

Homework: Create your personal development plan

Class 5: Transformation. Topics may include:

- Resources to explore increasing your self-mastery
- Incorporating daily activities for each Enneagram type
- Anticipating challenges to personal development.