

Presentation Title & Description

Breaking the Cycle of Burnout: Enneagram-Informed Strategies for Helping Professionals

This workshop introduces the Enneagram as a powerful framework for understanding burnout and resilience among helping professionals. The demands of caregiving, counseling, healthcare, and social services often place individuals at heightened risk of emotional exhaustion and compassion fatigue. By exploring the nine personality types and their core motivations, participants will gain insight into how stress patterns manifest uniquely across individuals.

The session highlights how personality-based tendencies can both contribute to burnout and serve as pathways to resilience. Through guided reflection and interactive exercises, participants will identify their personal risk factors and resilience strengths, while learning strategies informed by their Enneagram type. The ultimate goal is to equip helping professionals with a deeper understanding of themselves and their colleagues, as well as practical tools for sustaining long-term well-being.

Training/Credit Hours: 3

Learning Objectives

1. Identify the nine Enneagram personality types and explain how each type's core motivations and patterns influence stress responses and resilience.
2. Analyze personal and professional burnout warning signs through the lens of the Enneagram to recognize individualized risk factors.
3. Apply Enneagram-informed strategies and resilience practices to create a personalized plan for preventing burnout and sustaining well-being.

Presenter Bio

Julia Nepini is a clinical and forensic social worker and the founder of Compassionate Counseling Company, a thriving group practice in Massachusetts. After expanding her team to over 30 clinicians, she launched Compassionate Consulting Company to help fellow entrepreneurs build sustainable, purpose-driven businesses. Through her consulting work, Julia empowers business owners to cultivate strong teams, diversify income streams, and scale with integrity.

She is also the host of The Compassionate Climb podcast, where she explores what it means to achieve business success without sacrificing values. A passionate Enneagram enthusiast, Julia integrates this powerful framework into her leadership, consulting, and personal growth journey—and loves sharing its transformative impact with others.