

Presentation Title & Description

Enneagram: The Basics and Beyond

The Enneagram is a powerful framework for understanding personality, motivation, and behavior patterns. More than a simple typology, it provides a roadmap for growth, resilience, and healthier relationships.

In this session, *Enneagram: The Basics and Beyond*, participants will be introduced to the nine personality types and explore how each type's core motivations and patterns influence daily life, relationships, and professional stress responses. Moving beyond basic identification, we will examine how the Enneagram can be applied to recognize individualized signs of burnout, deepen self-awareness, and strengthen resilience. Participants will leave with practical strategies and personalized tools rooted in the Enneagram to support both personal well-being and professional sustainability.

Instructor: Julia Nepini, LCSW

Training/Credit Hours: 1.5

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 develop a personalized plan for preventing burnout and maintaining sustainable well-being.