

# 9 Prisons ONE Key

VIRTUAL ENNEAGRAM WORKSHOP

WELCOME COHORT 3

Thank you for registering to attend EPP's foundational Enneagram workshop, 9 Prisons One Key.

We are honored that you are joining us for a guided journey of self-discovery. The Enneagram is a profound and incisive self-awareness tool for personal transformation and spiritual growth, as well as building better relationships with both self and others.

Foundational to my own healing was the fundamental realization that nothing is actually wrong with me. It is from here that we will begin our journey together over the next six weeks. Using the Enneagram as a systematic map of nine essential qualities, we will illuminate what is right about us, while we also begin to learn to recognize the patterned ways in which we are so self-forgetting. You may consider me to be a guide.

In preparation for our time together, we ask that you complete the following pre-work activities:

- Self typing
- Read your type chapter from the book *"Wisdom of the Enneagram"*
- Complete workshop intention worksheet
- Send short bio and picture for a class bio book
- Sign Recording Release Form

The pre-work should take no more than an hour to complete. Resources and details for each of the activities is outlined in this welcome packet. We also recommend that you designate a journal for this workshop and bring it with you to each of our gatherings. You may find having a journal to be particularly helpful as we begin to unpack each of the types in more depth during our type specific panel sessions.

As a reminder, you are in Cohort 3. Cohort 3 will meet for our opening session on Friday, May 1 at 2:00-4:30 pm and our closing session is TBD on the week of June 1.

**ENNEAGRAMPRISONPROJECT.ORG**  
FREEING PEOPLE —ALL OVER THE WORLD— FROM THE PRISONS OF OUR OWN MAKING

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Our nine type panels will be held as follows:

- Saturday, May 2, 1 pm to 3 pm,..... Type 8 Panel
- Monday, May 4, 10 am to 12 pm,.....Type 9 Panel
- Friday, May 8, 10 am to 12 pm, .....Type 1 Panel
- Monday, May 11, 10 am to 12 pm,..... Type 2 Panel
- Friday, May 15, 10 am to 12 pm,..... Type 3 Panel
- Monday, May 18, 10 am to 12 pm,..... Type 4 Panel
- Friday, May 22, 10 am to 12 pm,..... Type 5 Panel
- Monday, May 25, 10 am to 12 pm,..... Type 6 Panel
- Friday, May 29, 10 am to 12 pm,..... Type 7 Panel

(\*all times are pacific):

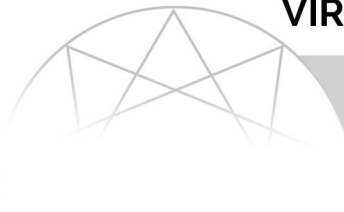
While the type panels will be recorded and made available to workshop participants for a 48 hour timeframe after the panel is recorded, we encourage you to participate in real time, if possible.

I am looking forward to taking this journey with you next week!

With love,

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## WELCOME PACKET

### Welcome Worksheet

In a few words, please write down your intentions for signing up for this workshop. What are you hoping to gain from participating in this program? What have you heard about this program that intrigued you, that inspired you to sign up? . We encourage participants to share their insights during the opening zoom session *(Note: You can print this sheet or write your answers in your EPP Workshop Journal)*

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Please describe yourself by listing at least three of your best qualities:

I am \_\_\_\_\_

I am \_\_\_\_\_

I am \_\_\_\_\_

Please describe yourself by listing at three characteristics that you are not.

I am not \_\_\_\_\_

I am not \_\_\_\_\_

I am not \_\_\_\_\_

Please share what you would like to transform about yourself? In what way do you hope to grow?

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## WELCOME PACKET

### Short Bio with Photo

Please email us a short bio ( a paragraph) and picture (headshot) for a class bio book we will share with other participants to help us get to know one another and build community.

Email to: [halida@enneagramprisonproject.org](mailto:halida@enneagramprisonproject.org)

### Enneagram Type Reading

If you know your Enneagram Type please read your Type Chapter from the Book "Wisdom of the Enneagram by Don Riso and Russ Hudson." [You can order on Amazon here:](#)

### Self Typing:

If you do not know your Enneagram Type, we recommend the following online typing tests to help you get started.

The FAST Enneagram Test: [FREE: email required]

Riso-Hudson Enneagram Type Indicator (RHETI®  
version 2.5) - [FOR PURCHASE]

**Remember that tests are a beginning orientation.** Many participants who begin Enneagram work can often change the type with which they identify as they become more familiar with themselves and the Enneagram system.



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## WELCOME PACKET

### Enneagram Type Panel Worksheet

After each of the 9 Enneagram type panels, we invite you to reflect upon your experience in your journal. Below are some thoughtful questions to consider. We encourage participants to share their insights during the closing zoom session. *(If you don't have a journal you can also print 9 copies of this worksheet.)*

#### Panel Sheet for Type \_\_\_\_\_

Who do you know who may be this type? \_\_\_\_\_

What do you appreciate about this type? \_\_\_\_\_

What do you find challenging about this type? \_\_\_\_\_

How are the things you appreciate in this type a reflection of those same qualities in you?

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How are the things that you find challenging in this type a reflection of you? \_\_\_\_\_

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### Zoom Meeting Rooms and Registration Links

Once you have downloaded the zoom app and installed on your device(s) you will be ready to go! All you need to do is click (or tap) on the links below. Click on Cohort 1 for EPP Opening and Closing Sessions. And click on EPP Panel Webinar link for the panel sessions.

#### EPP Workshop Zoom Link (Cohort 3)

<https://us02web.zoom.us/j/81798448064>

#### EPP Panel Webinar Link

<https://zoom.us/j/99776319491>

### Office Hours:

In an effort to provide additional opportunities for connection so that you may ask questions throughout this journey, we will be hosting voluntary “office hours” as part of the workshop. Office hours will take place for 30 minutes immediately following each of our sessions, including the nine type panels. We hope that this will be welcome time for deepening your understanding of the Enneagram.

### DocuSign:

Please keep an eye on your email inboxes for the Recording Release Form. This release form will be delivered via “DocuSign” so that you may provide us with an electronic signature. We are recording the 9 Prisons One Key workshop for faculty development, as well as to provide participants with access to review the teachings. If you have any questions and/or concerns after reviewing the release, please do not hesitate to reach out to us.

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### Technology Checklist

Please ensure you can answer “yes” to each of the questions below!

1. Do you have a strong, reliable internet connection available to you for the duration of the workshop?
2. Have you used the Zoom meeting app before?
3. Is the Zoom app downloaded to your personal computer / device? [If not, please go here: <https://zoom.us>]
4. If you have previously downloaded the Zoom app, is it updated to the latest version?
5. Is the operating system of your personal device updated to the latest version?
6. Do you have working headphones / earbuds?
7. Do you have a quiet place where you will be undisturbed during the workshop?

**Technical Support:** The Workshop Zoom room will be open 30 minutes before the Opening Session call for any technical questions or needs.

If you have any questions please feel free to contact halida at:  
[halida@enneagramprisonproject.org](mailto:halida@enneagramprisonproject.org)

We look forward to seeing you!