

# One Day in Dublin



Date: 26th September 2026 | Location: F2 Centre, Rialto, Dublin 8, D08 DKP6

## Connecting with the Enneagram Honouring the Threads, Meeting the Moment and Tending What Matters

### Programme

**10.00** Registration. Tea, coffee and scones

**10.30** Welcome | Fáilte by the Enneagram Alive Team

**10.40** **Gathering the Threads:**  
Getting oriented in a fractured world with help from the Enneagram  
*Trish White*



**11.00** **Head, Heart & Gut**  
Wisdom to carry life forward  
*Therese Ryan*

**Steady in the Storm**  
The Enneagram for Real-Time Change  
*Susan Coughlan*

**12.15** **Break**

**12.30** **Exploring the tapestry of the Enneagram in Ireland**

*A plenary session led by Phyllis Jordan with invited guests.*

Sharing diverse perspectives on the story of the Enneagram in Ireland and its relevance today.

**1.15** **Lunch**

**2.15** **Stress from the Inside**  
*Martin Quiqley*

**Instincts in Intimacy**  
*Sam Greenberg*

**3.30** **Break**

**3.50** **Weaving the Future**  
Listening for the thread we're called to carry forward into our lives and communities  
*Trish White*

**4.50** Thank you | Go raibh maith agaibh - Close