

FINDING THE BIRTHDAY CAKE – HELPING CHILDREN RAISE THEIR SELF-ESTEEM,

by Elizabeth Wagele with Judith Dome

Finding the Birthday Cake, when not getting distracted, helps kids understand a bit about thinking and behaving differently. The tips for parents and children and the check-list to help identify children's styles for parents, teachers and children at the end was very helpful.

I admire Elizabeth Wagele and her work with kids and the Enneagram. Her tips are clear, straightforward and practical without lecturing. The checklist of characteristics really is an opportunity to check traits and add them up. I especially liked the Speaking Style descriptions.

I could see this story as a detective club. Being in the midst of a new generation of little ones, I do enjoy having stories at hand.

*Oh, how great a point is made
With each and every creature's aid.*

*I always want to do my best
Said Walter One, at last at rest.*

*Helping others with care and advice
Keeps Tina Two going – Oh, how nice!*

*Timmy Three's charming, winning ways
And good ideas help save the day.*

*Frammy Four really, really knows
What it feels like – right down to her toes!*

*Thinking and quiet also brings out
Freddy Five's helpfulness – shush! Don't shout!*

*Stevie Six is willing and helpful, but first
He can imagine and plan for the worst.*

*The Seven cows loved to find things to do
They'd surely go chasing after a clue.*

*Amy Eight's leadership went a long way
With confidence, helping the others that day.*

*All of this action brought success in the end,
The Ninosaur thought it the meaning of "friend."*

DEEP COACHING

Using the Enneagram as a catalyst for profound change

By Roxanne Howe-Murphy, Ed.D.

Deep Coaching is stuffed with information. It includes bullet points and coaching cues, graphs, charts and diagrams, with an extensive bunch of appendixes for follow-up and additional information. Dr. Howe-Murphy has designed a book with foundational information to promote understanding and awareness of Enneagram styles and how to use that knowledge in coaching. She has placed special emphasis on helping coaches ground themselves (healer, know thyself) and provides solid coaching techniques.

My copy is already dog-eared from flipping back and forth. There are so many points of reference throughout

the book. She includes coaching of individual type and clusters Karen Horney's moving toward, away from and against types together, also addressing the perspective of the three centers of intelligence (thinking, feeling, instinctive). She uses Hudson and Riso's Levels of Type and Carl Jung's iceberg metaphor in her Iceberg Model of the Enneagram.

She establishes a deep breathing, if you will, between self-knowledge and working with others, advising us to settle within ourselves before and with clients.

And then she focuses our attention on deepening a client's self-understanding. While she does emphasize the importance of testing, an actual test is one of

the few things not included in her book. Her connection to Riso-Hudson is clear. I have not taken their full RHETI test, so cannot speak to it, but I am familiar with The Essential Enneagram, by David Daniels and Virginia Price and can highly recommend it. And I think their "scientifically developed Enneagram test based on extensive, time-tested research" at Stanford would be a great alternative.

Deep Coaching is an excellent resource for coaches and is available at amazon.com and through LifeWise Learning Institute at <http://www.lifewisecoaching.com/deep-coaching-the-book/>