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**January 23rd 2020: Introduction to the
Enneagram with Special Guest Russ Hudson
Episode 2**

Listen to more of an Introduction to the Enneagram with Special Guest Russ Hudson to continue learning about the 9 different Enneagram types. The Enneagram is a way of looking at your internal motivation from a psychological and spiritual perspective. From this vantage point we can begin to understand why you do what you do, about who you are and how you show up in the world. We learn to embrace the gifts as well as understand our shadow side. It shows us how we view and react to certain situations, identifies and explains our egos patterns that eventually become our personality. Listen in

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Featured Guest



Russ Hudson

Over the last three decades, Russ Hudson has established himself as one of the top teachers and developers of the Enneagram personality typology in the world today. He has been writing and teaching fulltime with The Enneagram Institute as well as on his own since 1991 and has coauthored with Don Richard Riso.

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