



Illustrated by Pang

Inner Critic Workshop

Date : October 25-26, 2024

Venue : Pelican's Landing, Williamstown

Creator and Facilitator: Stingo Chan

Workshop Investment: AUD\$900 plus GST

[Click here to register](#)

Overview

Every one of us has a side of ourselves that continuously observes, monitors, evaluates and judges our own decisions and actions. While recognising this inner voice is common, in many ways this voice is so 'normal' that we seldom notice it or pay attention to the impact it is having.

Why do we allow this inner voice to pass judgment (often with intense feelings of hostility) towards us? What are we protecting ourselves from or against? How does all of that impact on our emotional health?

This two-day workshop offers the opportunity for us to explore and better understand our own 'inner critic' and its effect. As a result, we will come to learn a great deal more about our own personalities, cultivate self-compassion and strengthen inner peace.

It is inspired by the fascinating teaching of Don Riso and Russ Hudson on each Enneagram Type's Inner Critic structure and the 'boundaries' – Closed, Open and Flexible that are in place to protect the personality.

Over the two days, we will specifically examine the coping strategies of the three 'boundaries' to gain a deeper understanding of the way in which they 'show up' and their impact on us and others.

Why are those with a 'Closed' boundary structure afraid of getting in touch with their heart and avoid feelings of vulnerability? Why do those with an 'Open' boundary structure feel so overwhelmed with the demands of external world that they withdraw deeper into their inner world? Why is it so important for those with a 'Flexible' boundary structure to cultivate 'inner guidance' to reduce the over-influencing and intensity of the Inner Critic?

We will also learn about the loops we create that continue to protect the boundaries we have, visit some of our hidden beliefs and assumptions around these, and explore ways to reclaim our ability and capacity to make creative choices in our lives.

This Inner Critic workshop was piloted by Stingo Chan in Xin Chu, Taiwan in 2019 with the journey continuing in Kyoto in Japan then Hong Kong, Shanghai, Bangkok and Singapore. We are excited to now bring this work to Australia, facilitated by Stingo himself. We offer a unique approach to the work (through Playback Theatre and somatic experiences) resulting in a greater 'felt-sense' experience and deeper understanding of the boundaries themselves.

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Date : October 24-25, 2024

Venue : Pelican's Landing, Williamstown

Creator and Facilitator: Stingo Chan

Workshop Investment: AUD\$900 plus GST

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Workshop Purpose:

- To examine and experience how our Inner Critic is embedded in our personalities and the impact this has on our daily lives.
- To develop a deeper understanding of each of the Inner Critic's distinctive structures based on our understanding of the personality.
- To integrate insights and connections through a holistic body experience, and to provide the opportunity to expand options to move forward.

Agenda:

Wednesday Oct 16, 2024

Pre-Zoom Session 4:30 pm – 6:00 pm

Introduction of Inner Critic

- Meet and greet
- Formation of Inner Critic and Ego Development
- The Positive Intent and the Roles of Inner Critic

Thursday Oct 24, 2024

Morning Session 8:30 am – 12:30 pm

The Foundation

- Boundary of Consciousness, Subconsciousness and Unconsciousness
- Concept of Plus and Minus within the 3 Boundaries

Closed Boundary

- Meditation & warm up activities
- Closed Boundary Psychic Structure
- Exercise
- Sharing and Q&A

Lunch 12:30 pm – 1:45 pm

Afternoon Session 1:45 pm – 4:30 pm

- **Open Boundary**
- Meditation & Warm up Activities
- Open Boundary Psychic Structure
- Exercise
- Sharing and Q&A

Friday Oct 25, 2024

Morning Session 9:00 am – 12:15 pm

Flexible Boundary

- Meditation & warm up activities
- Flexible Boundary Psychic Structure
- Exercise
- Sharing and Q&A

Lunch 12:15 pm – 1:30 pm

Afternoon Session 1:30 pm – 4:00 pm

Untangling the Inner Critic

- Facing and untangling the Inner Critic
- Learning and Sharing
- Appreciation Exercise
- Closing Rituals

About Stingo, the Enneagram and Playback Theatre:

One way of interpreting the **Enneagram** is to see it as a system of personality typing, describing patterns in how people interpret the world and manage their emotions. There are 9 Enneagram types, each of which has a gift, a basic fear and coping strategy that largely guides actions and decisions.

Stingo began studying the Enneagram in 1997 and has trained with some of the best-known Enneagram teachers world-wide e.g. Russ Hudson, Don Riso, David Daniels, Tim McLean, Ginger Lapid-Bodga, Tom Condon & Jerry Wagner.

Playback Theatre is spontaneous theatre form created through a unique collaboration between performers and audience. Someone shares a story or moment from their life, chooses others to play the different roles then watches as their story is recreated and given artistic shape and coherence.

Stingo first learned Playback Theatre from Veronica Needa in Hong Kong in 1997 and subsequently from its founders Jonathan Fox and Jo Salas in the USA and Europe. He formed a group called Ultimate Playback Group in Hong Kong in 2012.