

Your Strengths and What They Cost You: A Workshop for Women, Cape Town

By Nine Rooms

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ABOUT

For the One Who Sorts Stuff: An Enneagram Morning for Women, Cape Town

Your phone pings again, fracturing your first quiet moment of the day. They need something – of course they do. You put your untouched coffee down and sort it because it's just easier to do it yourself. That's a strength, but it's costing you more than you realise.

You're not even sure why your first instinct is always to step in.

The Enneagram is how you find out. It starts with what drives you and shows you why you do the things you do. You can be a complete Enneagram newbie – we'll guide you through it.

You'll receive something short to read when you book: the nine types in a nutshell, plus a few questions to help you spot which one sounds like you. There's nothing to send back, it's just to get your thinking going.

The morning starts with coffee and a bite to eat.
Then we'll give you a beginner-friendly intro to the nine types, and we'll walk around the giant Enneagram mat.
We're bound to recognise ourselves in each other, which always leads to snorts of laughter.

Ask us anything as we go, we'll coach you on the spot.

You don't have to share anything you're not comfortable with. Unless, of course, you want to tell us about that one time – we're always here for that ??

By the time you leave, you'll have a clearer sense of the strength you lean on most and where it trips you up. You'll also take home one small experiment to try in the week ahead. And yes, there are mimosas.

Who: The woman who is always the one on top of things
Date: Saturday, 17 October 2026 (yes, it's THIS Saturday)
Time: 10:30 – 13:00
Venue: In-person at 156 Kloof Street, Cape Town
Price: R650 (but 50% off 2+ tickets) – coffee, nibbles and mimosas included
Group size: Small to keep it intimate

And that friend whose name popped into your head while you're reading this?
Buy her a ticket instead of another candle or a bottle of wine.
Give her a morning that's just for her.

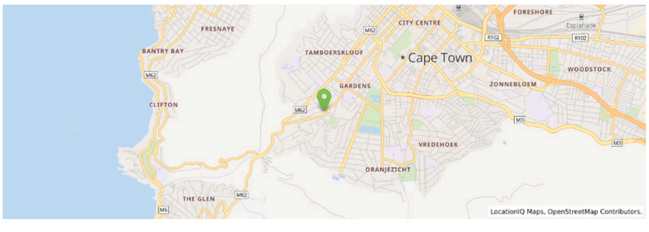
The ticket is non-refundable, but you're welcome to pass it on to a friend if you can't make it.

Your hosts: We are Ankia, Avril and Cherie from Nine Rooms. We've each spent years (read: decades) learning – often the hard way – what our own patterns cost us. Now we'd love to help you spot yours.

Ankia Coetzer leads from Enneagram 6. She's got backup snacks for the backup snacks, and she will make sure you feel safe enough to get real.
Avril Reitz leads from Enneagram 9, also known as the peacemaker. Her superpower is helping you feel calm and supported, and she'll be your biggest fan.
Cherie Thomson leads from Enneagram 2. She'll make you feel seen in about four seconds, and she's already warned us there might be a cathartic cry.

Click that ticket button now to book your seat.

DIRECTIONS



Your Strengths and What They Cost You: A Workshop for Women, Cape Town
156 Kloof St
156 Kloof St, Gardens, Cape Town, 8001, South Africa
Get Directions

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TICKETS

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