

About the Enneagram

Introduction

Have you ever wondered why some people are like you and others are different? Why you get on well with some people, but not with others? If so, the **Enneagram** is for you. A blend of ancient wisdom and modern psychology, the **Enneagram** is an amazingly accurate model of human being *types*. It describes the nine basic types that apply to all people at all times.

The Enneagram is a model of personality and of the soul – or ‘divine essence’ present in every human person. It provides a map for self-discovery and personal and spiritual development. You discover your ‘true self’ - your strengths and ‘divine gifts,’ and how best to develop them. We all have blind-spots and challenges. Knowing the source of behaviours that we don’t like, we are better able to change things that don’t work for us. We have more courage to try new things.

The Enneagram shows you hidden parts of your personality and how to make the most of them. If the spiritual aspects of personality interest you, there is something there for you too. The Enneagram provides a blueprint for self-development, a path to make the most of ourselves and our natural gifts! It is increasingly recognised as an important source of knowledge, as we strive to better understand the human condition.

You learn more about other people. Family, friends and colleagues are more real to you when you understand their behaviours and drivers. We don’t naturally understand personality differences. The Enneagram reveals the rationale behind them. Relationships are easier to navigate and mend.

Development of the Enneagram

The Enneagram originated in ancient wisdom. Elements are present in Platonic philosophy, Sufism, the wisdom of the Desert Fathers and the writings of St Paul. In the 20th century, the Enneagram was rediscovered, and blended with modern psychology, producing a model that is accessible to all.

Organisations use the Enneagram for team building and staff development. Therapists and coaches use it with their clients for self-improvement and personal growth. Spiritual teachers use it as a path into deeper spiritual awareness and increased connection with Divine Wisdom.

The **Enneagram** provides hope for the future. Each one of us has something unique and precious to offer. Knowing this makes us feel more positive about ourselves. We’re more keenly aware of our full potential and how to achieve the things we really want – and make the world a better place.

Enneagram Courses

The Enneagram for Living – for groups of individuals or couples.

The Enneagram for Individuals – personal/ spiritual development, therapy and coaching.

The Enneagram at Work – tailored to your workplace to improve culture and behaviour.

If you would like more information about any of the courses, to organise a course for your friends or workplace, or how enrol for one, get in touch with us below. It might be the best thing you ever do.

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