



# The Enneagram for Living

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*A Journey of Insight and Personal Growth*

The **Enneagram for Living** is a group course that explores human behaviour through the lens of personality. Everyone has a personality but most of us know very little about it. Exploring personality provides a whole lot of information that is usually hidden. Your eyes will be opened to new possibilities.

You will learn about the strengths and weaknesses of each personality type. You will understand things about yourself that may have perplexed you. If you want to relate better to partners, family, friends and workmates, this course is for you.

You will understand others more and why we are not all the same. You will have the opportunity to develop more fully and deeply as a human person. You will gain much insight and understanding. The course is ideal for all individuals and especially beneficial for couples.

## Course Content

The course covers: personality, the Enneagram, strengths, blind spots, preferred styles of dealing with conflict, social, sexual, and self-preservative styles, levels of behaviour and much more. The course will help you to:

- ◆ Understand yourself more
- ◆ Deal better with conflict and adversity
- ◆ Discover your talents, strengths, weaknesses and blind-spots
- ◆ Understand others and improve relationships
- ◆ Find a life direction or choose a career
- ◆ Embark on a unique, intriguing journey of personal and spiritual development

## Format

6 x 2-hour sessions, held weekly.

Dates, days, times, venue and costs advertised with each course.

The Enneagram will change your life. You will gain insights that you never dreamed of. So much that was obscure will become clear. Contact us now for details about the next course.

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