

About the Enneagram for Living

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. Now is your chance to find out. 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.

Course Content

The course covers: the Enneagram model, personality, strengths, blind spots, preferred styles of dealing with conflict, social, sexual, and self-preservative styles, levels of behaviour, childhood patterns, Enneagram spirituality 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

The Enneagram for Living is offered to small groups (usually 8-12 participants) throughout the year. Depending on the circumstances and availability at the time, this could be in-person or over Zoom. Where possible, options of both week nights and Saturdays are offered. Check the website for details of current courses offered, including details of the number, times, and duration of sessions.

If you wish, we can put your name on file and let you know the next time a course is available if one isn't available at the time or is already part way through. If you have a group of interested people, we can set a course up for you. Get in touch by email or phone and let us know your preferences.

Participants

The course is ideal for all individuals and is especially beneficial for couples. Therapists and others in the helping professions will gain insights into themselves and those they work with. In fact, anyone who works or interacts with people will benefit - and so that means everyone! The main criterion is that you are ready for some meaningful self-exploration and self-development.

If you want to know about personality, how it operates in your life and how to make the most of it, **The Enneagram for Living** is for you. Follow the website links for more information and to enrol.

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