



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 personality types that apply to all people at all times.

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

The Enneagram shows you how to bring out your best. It provides a blueprint for self-development, a path to make the most of ourselves, regardless of whatever obstacles or challenges we have encountered or will encounter. If you are interested in the spiritual aspects of personality, you will not be disappointed. The Enneagram is increasingly recognised as an important source of knowledge, as we strive to better understand the human condition. It recognises that *everybody* has strengths!

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.

Workplaces benefit by better understanding their staff. Managers can utilise their staff's best talents in the interest of the workplace. They can help staff to overcome obstacles and improve learning.

Development of the Enneagram

The Enneagram originated in ancient wisdom. Elements are present in Platonic philosophy, Sufism, the wisdom of the Desert Fathers, the writings of St Paul and more. 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

Courses are available for private groups and workplaces, and for individual self-exploration and coaching. Delivery can be in person or on-line. Explore the website links for details. For more information get in touch via the Contact Page, email or phone (number below). A better future awaits ..

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