



The Enneagram For Living Course Content

Introduction

The Enneagram for Living informs you about important personality structures that affect every aspect of your life - identity, relationships, work, wellbeing and more. The course is constructed into 7 Modules. Each Module is delivered in a 2.25-hour session, except Module 1, which runs over the first 2 sessions, making a total of 8 sessions. Each Module gives information that builds on the previous one. You learn about both the negative and positive aspects of personality.

There are pair and group discussions during the course and take-home activities to integrate and benefit from the material. Each Module is provided with a comprehensive workbook containing all session notes and the take-home activities.

By the end of the course you will have a rich, insightful model of human behaviour, what personality means, and importantly, what lies beneath personality the makes you the person that you are. You will have a blue-print for your own personal development to help you reach your full potential and be the best version of yourself. You will better understand the people in your life and have the skills to improve your relationships, as well as creating richer, more meaningful life for yourself.

Module 1: Enneagram Foundations

Explains the importance of self-awareness and introduces personality and the Enneagram model. Describes the Intelligence Centres and the nine basic personality types, and how we get them. Gives information and activities to help you identify your type.

Module 2: Behaviour Patterns

Describes several behaviour patterns characteristic to each type. Explains how each type's behaviour can deteriorate, and also how it can improve. You will see how there are traits in common between types, and also connections between types.

Module 3: The Three Instincts

Describes the 3 distinct versions of each type, how they operate in average and unhealthy ways, and how you can take evasive action ahead of time to restore/maintain balance.

Module 4: The Levels of Development

Explains the trajectory of worsening behaviour for each type from very 'high' to very 'low', how it happens, and how it can be avoided. Gives 'warning signs' and 'red flags.' You will see the worst possible side of each type, but you will better understand how behaviour turns into pathology and mental illness - and how to stop it from happening.

Module 5: Integration of the Centres

Explains how the Intelligence Centres are affected differently for each type when under stress, and how to prevent serious deterioration of body, heart and head (action, feeling, thinking).

Module 6: Childhood Patterns

Explains four structures established in childhood for each type, and how they affect personal well-being and adult relationships.

Module 7: The Spiritual Enneagram

Gets to the heart of the Enneagram and who we really are. Describes several spiritual structures of each type, and how we can 'return to Essence' instead of operating out of Personality. Sees each person as a Divine creation with gifts to give to the world. Everything makes sense now!

Conclusion

The Enneagram gives you unique, insightful information. What you do with it is up to you. It does not pull punches, but describes things as they really are, not just what we pretend they are. But in doing so, it informs you of what you really need to know. We are 'asleep' - and if you want to 'wake-up' to real life, this is for you! (take the blue pill or the red pill?)