



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, delivered in 2-3 hour sessions, total: 17-hours.

Each Module gives information that builds on the previous one. You learn about both the positive and negative aspects of personality.

There are small 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 that 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 a richer, more meaningful life.

Module 1: Introduction to the Enneagram

Explains the importance of self-awareness. Introduces personality and how it forms. Describes the Enneagram model and the Intelligence Centres. Briefly introduces the nine basic personality types: 2-hours.

Module 2: The Nine Types and the Levels of Development

Describes each of the Nine Types in detail, including the nine levels at which each type operates – Healthy, Average, Unhealthy. You will see the best and worst of each type. You will see how behaviour can turn into pathology and mental illness – and how to stop it from happening: 3-hours.

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 keep the Instincts in balance: 2-hours.

Module 4: Behaviour Patterns

Describes several behaviour patterns characteristic to each type and how we can get locked into unhealthy habits. You will see how there are traits in common between types, and also connections between types: 2.5-hours.

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) from occurring: 2.5-hours.

Module 6: Childhood Patterns

Explains four structures established in childhood for each type, and how they affect self-confidence in childhood and relationships in adulthood: 2.5-hours.

Module 7: Spiritual Enneagram

Gets to the heart of the Enneagram and who we really are. Describes the spiritual elements of each type, and how we can 'return to Essence' instead of getting locked into personality. Sees each person as a Divine creation with gifts to give to the world. Everything makes sense now! 2.5-hours.

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?)