

About the Enneagram for Living On-line Course

A Journey of Insight and Personal Growth

About the Enneagram

The Enneagram is model of human behaviour as seen through the lens of personality. Everyone has a personality but most of us know very little about it. The Enneagram reveals a whole lot of information that is usually hidden. Personality is a doorway to something much deeper.

Course Rationale

Most of us know little about personality and how it affects us, our relationships and our lives. In fact, we lack meaningful, practical self-knowledge. We know little about why we are the person that we are and others are as they are.

While we might learn about *personality disorders*, we learn little or nothing about the function, role or impact of *normal personality*.

Our lack of knowledge impairs not only our self-understanding, but also our relationships and much about what happens throughout our lives. This course will illuminate and inform you in ways that you will not find elsewhere.

Course Details

The course comprises 7 modules, each delivered in several videos to watch online. Included in the course package are documents you can download, including slides, workbook and assessment to submit for a certificate of completion.

Each module elucidates a particular Enneagram structure and shows how it connects to the other structures, forming a comprehensive, comprehensible model of human personality and identity. You will see more details about the course in the course content PDF.

By the time you have completed the course, you will have a wealth of knowledge that will change the rest of your life in ways that you could not have imagined. You will wish you had known this years ago!



Learning Objectives and Outcomes

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

Benefits

To benefit from the course, you need to give it time – it is not something to do in a hurry and get through quickly. That misses the point. Give each module the time it needs before moving onto the next one. Especially helpful is to work through the activities at your own pace, as they will help you to integrate the material. As the course is prerecorded, we do not have the benefit of the discussions that would take place in a live course.

As you work through each module, you will learn about the strengths and weaknesses of each personality type. You will understand things about yourself that may have perplexed you. Your eyes will be opened to new possibilities.

You will understand others more and why we are not all the same. If you want to relate better to partners, family, friends and workmates, this course is for you.

You will have the opportunity to develop more fully and deeply as a human person. You will gain much insight and understanding. In the comprehensive workbooks for each module, you will find many valuable self-development activities – they really will make a difference!

Participants

The course is for people who want to understand themselves and discover the true self beneath the structures of personality. It is not a ‘quick-fix.’ The main criterion is that you are ready for deep self-exploration and self-development.

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