



About the Enneagram

What is the Enneagram?

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. This does not mean that you are not still a unique individual – everyone is. But you do have things in common with other people of the same type. This is a real ‘eye-opener’ when you first discover it!

Self-Discovery

In addition to personality, the Enneagram recognises that beneath personality lies the ‘soul’ – or ‘divine essence’ that is present in every human person. Personality is the mask or shield that we use to protect our most vulnerable parts. Learning about the Enneagram provides you with a map for self-discovery that you can use for 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.

Self-Development

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! As well, we all have vulnerabilities. Knowing why this is and what we can do about them is liberating. We are less judgmental about ourselves and more able to treat ourselves with kindness and compassion.



Learning About Others

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. Couples, especially, benefit.

Workplace Programs

Enneagram programs can be tailored to all workplace levels, staff, teams, managers and leaders. Staff who understand each other more are more cooperative. Teams can draw on each other's strengths to improve collaboration. Managers can identify their staff's best talents to use in the interest of the workplace. Leaders can lift their level of leadership to a higher level.

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 many more. In the 20th century, the Enneagram was rediscovered and blended with modern psychology, producing a model that is accessible to all.

Uses of the Enneagram

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

We offer courses for private groups, workplace training, 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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