



Enneagram For Living Online Course Content

Course Introduction

The Enneagram for Living describes the nine personality types that apply to all people at all times. Personality is a window to a much deeper, hidden part of ourselves.

Journey through the structures of personality, how they form and influence attitudes and behaviours.

The course consists of 7 modules, Each module comprises a course package containing online videos, slides, workbook, and assessments for certificate of completion.

Each module follows from the previous one. You will need to take them in order so that they make sense.

Module 1: Enneagram Foundations

Explains the Enneagram model. Introduces the 3 Intelligence Centres and the 9 personality types.
Total video time: 84.00 minutes

Module 2: Behaviour Patterns

Describes several behaviour patterns specific to each type. Explains the lines on the Enneagram symbol.
Total video time: 76.00 minutes

Module 3: The Three Instincts

Describes the three instincts that all types have and their effect on behaviour and relationships.
Total video time: 58.00 minutes

Module 4: Levels of Development

High, average and low levels for each type, how to maintain healthy levels.

Total video time: 80.00 minutes

Module 5: Integration of the Centres

Explores the complex relationship between each type and its dominant Intelligence Centre.

Total video time: 72.00 minutes

Module 6: Childhood Patterns

Describes personality structures and behaviour patterns that begin in childhood, that can affect us as adults.

Total video time: 73.00 minutes

Module 7: Spiritual Enneagram

Explains the deeper meaning of the Enneagram, the spiritual elements of each type, and how they show up in ordinary life.

Total video time: 70 minutes

Total video time modules 1-7 = 9-hours

Conclusion

The Enneagram gives you unique, insightful information. Describes things as they really are, not what we pretend them to be. Shows us what we 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?).

Module 1-7 can be purchased separately or as a package.