



Enneagram For Living Zoom Course Content

Course Introduction

The Enneagram for Living describes the nine personality types that apply to all people.

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 (depending on several factors, an 8th module may be offered separately).

Each module teaches about one or more Enneagram structures and why they matter. There are PowerPoint presentations, discussions and detailed workbooks for each module.

Module 1: Enneagram Foundations

Introduces the Enneagram model, the 3 Intelligence Centres and the 9 personality types.

Module 2: Behaviour Patterns

Describes several behaviour patterns specific to each type. Explains the lines on the Enneagram symbol.

Module 3: The Three Instincts

Describes the three instincts that all types have and their effect on behaviour and relationships.

Module 4: Levels of Development

Describes the high, average and low levels for each type, and how to maintain healthy levels.

Module 5: Integration of the Centres

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

Module 6: Childhood Patterns

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

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.

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?).