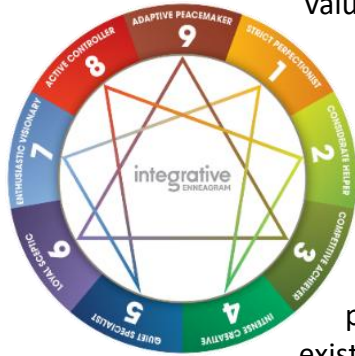


Coaching with the Enneagram

What is the Enneagram?

The “Enneagram” literally refers to a diagram with nine intersecting lines creating nine points enclosed in a circle (“ennea” is Greek for nine, “gram” for drawing). This diagram is used to represent nine personality styles and the interrelationships among those styles. The value of personality models is that they give us a framework for



leveraging strengths and more quickly recognizing blind spots and obstacles. A good model can also provide us with roadmaps for overcoming those blind spots and obstacles.

The Enneagram does exactly that and rivals any other model of personality. It is much more than a personality profile that offers insights into personality traits, as it also delves deep into people’s core motivations, defence mechanisms and fears (usually existing at the unconscious layers of our personality structure).

There are two dimensions of personality described by the Enneagram. The first is our inherent system of instinctual values—what we habitually focus our attention on and what is important to us. The second dimension is the strategies we use to satisfy those values. In other words, the Enneagram helps us understand what is important to us and how we go about getting those things we find important.

People with all sorts of personalities can be successful in life and at work. In fact, personality doesn’t determine our success, as we have all known successful introverts, successful extroverts, optimists, pessimists, etc. What personality style does, however, it shows us what we focus on and what we are trying to avoid that is holding us back.

Coaching with the Enneagram is a:

- Shortcut to unveiling beliefs, defences and blindspots that keep us stuck and frustrated.
- Framework for leveraging our strengths and quickly recognising blind spots and obstacles to growth.
- Powerful model providing us with roadmaps and paths to free ourselves from these patterns.

Coupled with ChangeCoach Model of *look, see, tell the truth and take authentic action*, Enneagram coaching guarantees practical results in the real word.

PACKAGE: Initial Enneagram Consultation

Specialised in guiding you to understand and apply the report's insights to your work and life as well as supporting you to take action.

Complete the ieq9 questionnaire and receive a comprehensive report that outlines the following:

- Core Enneagram Type
- Motivation, behaviour, psychodynamics
- Self-limiting beliefs and blind spots
- Thinking, feeling and action styles
- Instinctual drivers
- Resilience, stress and symptoms of stress
- Resistance to change
- Leadership maturity, impact and effectiveness
- Career development and transitions
- Communication and influencing skills
- And much more....

What is included in this Initial Enneagram Consultation:

- **Enneagram 22 page report** provided by external provider, Integrative9 (www.integrative9.com)
- **Sessions:** 3 x 90-minute Enneagram Report D-Brief
 - In our first session, we will discuss what resonates and what aspects don't resonate in relation to your life and work.
 - In session 2, we will pay attention as to how the dynamics of your Type are playing out in your life and how to free yourself from its constraints.
 - In session 3, we will develop an action plan for you to continue to grow beyond your out-dated coping strategies.
- **Investment:**
 - Single Session and report: AUD\$350,- incl report
 - Three session package: AUD\$850,- incl report

PACKAGE: Group Coaching (3-5 participants only)

Group coaching allows for deeper exploration and transformation not only of one's type but also of other types. This is key when wanting to develop effective communication and build enriching relationships.

Every individual completes the ieq9 questionnaire and receives a comprehensive report that outlines the following:

- Emotional and psychological factors
- Relationships and social dynamics
- Self-limiting beliefs and blind spots
- Leadership maturity, impact and effectiveness
- Resistance to change
- Resilience, stress and symptoms of stress
- Career development and transitions
- Communication and influencing skills
- And much more....

What is included in the Group Coaching:

- **Enneagram 22 page report** provided by external provider, Integrative9 (www.integrative9.com)
- **Individual Session:** 1 x 90-minute Enneagram Report D-Brief
- **Group Sessions:** 9 x 90-minute Group Sessions via zoom (or face-to-face if possible) in three parts over 3 months.
 - Part 1 - Self-Awareness
 - Part 2 – Self-Observation
 - Part 3 - Transformation
- **Investment:** AUD\$1,750,- incl report / pp

A Brief History of the Enneagram

The origin of the Enneagram is unclear, however evidence of this ancient system for understanding personality appears in different wisdom and oral traditions, as well as specific mathematical, philosophical and psychological traditions.

What is known is that Homer's *Odyssey* is an odyssey through the nine archetypes of the Enneagram in the correct order, so we can safely say that some knowledge of the Enneagram dates back at least 2,800 years.

Elements of the Enneagram framework appear in the work of Pythagoras, Plato and Taoist mystics, and in *The Enneads* Plotinus speaks of the same nine qualities that manifest in human nature. After Plotinus in the 3rd century CE, the wisdom of the Enneagram appears to have been lost during the Dark Ages although it does appear in 1307 in the work of philosopher, logician and Franciscan monk Ramon Llull.

Re-discovered by George Gurdjieff in the early 20th century, the Enneagram in the form it exists today was further developed in the 1960s and 1970s by Oscar Ichazo and Claudio Naranjo who refined the archaic Enneagram using the psychodynamic approach of psychologists Sigmund Freud and Carl Jung.