



"If we observe ourselves truthfully and non-judgmentally, seeing the mechanisms of our personality in action, we can wake up, and our lives can be a miraculous unfolding of beauty and joy."

**Don Richard Riso, *The Wisdom of the Enneagram***

### Day One - Discover Your Type

This first 'discovery' day unpacks the 9 different 'personality types', or 9 different ways of 'being' in the world. Our personality type influences what thoughts motivate us, what our recurring emotional drives are and thus how we behave. Understanding your type and other people's type helps with understanding how we can communicate and work more effectively, be more empathically assertive and embrace what kind of leader you are. Becoming more emotionally intelligent is up to you and takes on-going self-commitment. However, the Enneagram allows us to navigate our path towards emotional intelligence more easily, because it highlights for us the potential pitfalls as well as the best road to take.

### Day Two – How To Use The Enneagram Practically

Day One presents a lot of information. It is a fun, interactive and very interesting day, but it does not allow a lot of time for putting this newfound information in to practice. It's a good idea to go away and let all the newfound awareness about yourself percolate, and if you chose to you can start to observe your type in practice as you go about your day. So, day two focuses on 'what now'? Now that you have some idea of your 'type' and what that means, the purpose of day two is to bring you further insight in to **how you can use** the knowledge of the Enneagram to advance and assist with your *own personal growth and development*. Day two is more activity based and a lot of your own personal insight about yourself and how the Enneagram relates to YOU will be borne.

### Day Three – Centres of Intelligence, A Deeper Look At ME

One of the most important things the Enneagram teaches us is that we all react to the experiences of life from a different 'centre of intelligence'. In other words, some people use their gut intuition, others 'feel into' life with their heart and can find it challenging to switch off their feelings to make a decision, whilst some people can over-analyse situations to death and therefore not take action. Using this knowledge is one of the most effective ways to move towards growing your emotional and social intelligence and begin to take ownership and therefore responsibility for how you behave in the world. You will gain huge insights into how you can use your personality to your advantage to live up to your potential.

### Day Four – Enneagram Harmonics, Understanding OTHERS

Here is where the program starts to focus on ME in relation to OTHERS. This is important because no matter what type we are, we need to learn to live with, work with, love, parent, understand and have compassion for other people who might have a very different way of being in the world to you. Whether you work in a team, whether you need to understand a loved one better or whether you need to know that how you say things may not be understood by others in the way that you want them to understanding others by understanding yourself is important. It is on day four that we get a deeper understanding in to what is really important to each Enneagram type. The Enneagram allows us to have true compassion and understanding for diversity.

### Day Five – Process Enneagram, Understanding How The Whole System Can Use The Enneagram For Purpose or Strategy Navigation

Day Five looks at whatever process you are embarking on, either as a team, a department or even an organisation as a whole. Collectively you are working towards something (whether that is a goal, a target, the implementation of a strategy, the merging of two separate systems, understanding change etc.). By using the system of the Enneagram, as a collective, you can use the wisdom of the Enneagram to 'check-in' with where you are at, as well as reflect on what you have accomplished and then finally clearly see what more you need to do in order to accomplish whatever it is you are wanting to achieve. Because the Enneagram provides us not only with deep understanding, but also a common language with which to communicate, the 'process Enneagram' allows us to have meaningful conversations in a very non-judgemental and effective way.

 Saffron Baggallay

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