



# The Enneagram Part Two

The course is taught through: short input followed by experiential exercises allowing participants to explore the nine spaces and small and large group discussion. Where possible, this allows exploration of the different perspectives of each of the nine types.

Length of course: This course is over two, 2 day blocks, Part One stands alone and is a prerequisite for attendance on Part two.



**The arrows of each space:** The Enneagram shows us what happens to each of the enneatypes when they are moving towards integration and relaxation – and equally, what happens when they move towards dis-integration and stress.

**The 'instinctive variants':** There are three instinctive variants – self-preservation, one-to-one and social, which reflect our main life concerns. However, for each of the enneatypes, they take on subtle differences. By understanding how your preferred instinctive variant affects your behaviours, you can begin to notice how the lesser ones also affect your life.

**Type-alikes:** One of the challenges some people face when they first encounter the Enneagram is that they identify with more than one space. When we begin to explore the area of type-alikes, we start to understand why this happens. We will take the opportunity to find out exactly which of the enneatypes are considered type-alikes and to understand why. Type-alikes are most noticeable in our social style and our coping strategies. This will give you an extremely thorough understanding of the basics of the Enneagram, which you may continue to build upon.

## Enneagram Types

**Ones** – The Perfectionist or The Reformer – have an internal model of how things are and must be. They have a need to make sure that things in the external world are as they should be and can become resentful and angry with themselves because the world (and themselves) is not as perfect as it ought to be. **Ones are society's lawgivers and bring order to the world for the rest of us.**

**Twos** – The Helper or The Caretaker – often feel as though they exist to meet other people's needs. They pride themselves on being needed by others, which actually hides their own needs and often creates dependence. **Twos are society's carers and look after the rest of us.**

**Threes** – The Achiever or The Performer – are usually chameleon-like, adapting themselves to whatever image they believe others want them to become. They are go-getters, focussed on success. They sometimes cut

corners, deceiving themselves about their true skills, abilities and identity in the process. **Threes are society's motivators and bring boundless energy to the world.**

**Fours** – The Romantic or The Individualist – are usually very creative and know that they are unique. They tend to focus on what is missing in life and to be envious of what others have. They dislike crudeness and vulgarity of any form, as they believe that they have immaculate taste. **Fours are society's artists and bring beauty and authenticity to the world.**

**Fives** – The Observer or The Investigator – is the great information gatherer of the Enneagram. They can appear distant and detached from the world, inhabiting the inner world of their own mind for most of the time. **Fives bring wisdom to the world.**

**Sixes** – The Loyalist or The Guardian – have a great sense of duty and responsibility. They can seem fearful and often have a lot of nervous energy, noticing where there is potential danger. **Sixes are society's protectors and bring security to the world.**

**Sevens** – The Epicure or The Enthusiast – have a great sense of fun, planning for the future with eternal optimism. They dislike being pinned down to the present, can become easily bored and are constantly searching for the next project. **Sevens are society's bon viveurs and bring spontaneity to the world.**

**Eights** – The Leader or The Challenger – have a need to be strong and in control of themselves and others. They look for strength in others and respect it. They look down on weakness in others. Much of what they are trying to control is beyond their ability to do so and they often appear angry with the world. **Eights are society's bosses and bring a passion for life to the world.**

**Nines** – The Mediator or The Peacemaker – are able to see multiple points of view making them excellent arbitrators and negotiators. They often have difficulty in making decisions and tend to use gut instincts rather than logic. They can have a stubborn streak and put their feet down when pushed too far. **Nines are society's mediators and bring a sense of balance and calm to the world.**

**To book now, or for further information, contact:**

excellenceforall Kingfisher Business Centre, Rawtenstall, Rossendale, Lancashire BB4 8ES.

• Tel: 01706 830055 • Fax: 01706 830066 • website: [www.excellenceforall.co.uk](http://www.excellenceforall.co.uk) • email: [enquiries@excellenceforall.co.uk](mailto:enquiries@excellenceforall.co.uk)