



The Enneagram

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.

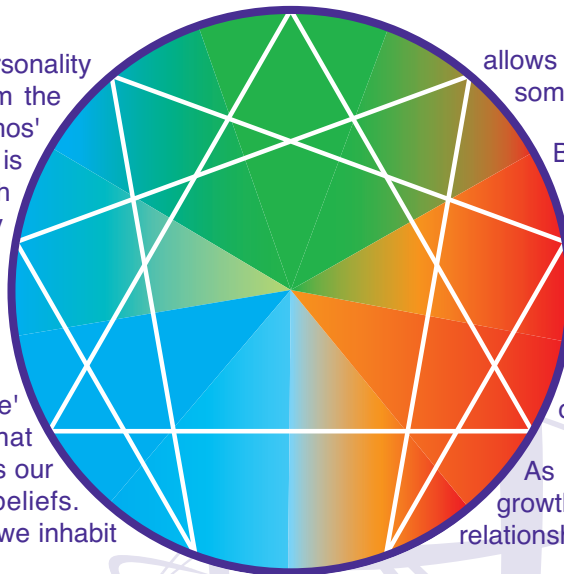
Length of course: This course is over two, 2 day blocks, Part One stands alone and is a prerequisite for attendance on Part Two.



The Enneagram

is an ancient and dynamic personality typing system, which comes from the greek words 'ennea' and 'grammos' – meaning nine-pointed figure. It is an extremely powerful tool, which describes nine basic personality types or 'spaces'. As individuals, we each have a 'home space' where we spend much of our lives.

Discovering this 'home space' helps us to understand what motivates our behaviours, affects our values, and underpins our beliefs. Understanding the 'home space' we inhabit



allows us to have the choices to do something different.

By identifying this 'home space', you can then find ways of developing yourself and growing. People who have attended our courses are amazed at the depth of understanding they gain about themselves and how this leads to greater understanding of others.

As a tool, it is useful in: personal growth; understanding and managing relationships; business.

This course explores:

The three 'Centres' of the Enneagram - Head, Heart and Gut.

The Enneagram of Attention – where the focus of attention is placed for each of the Enneatypes.

For each of the spaces, we will explore:

- **The 'Passions'** and how these drive our behaviours.
- **The 'Virtues'** will help towards personal growth and self discovery.
- **The 'Burdens and Blessings'** to enable us to understand ourselves, and others, at deeper levels.
- **How to appreciate** and, potentially, how to avoid annoying, each other.

About excellenceforall

excellenceforall has been established in the Northwest since 1993 as a NLP Training Provider, accredited by INLPTA and recognised by ANLP. Since 1993, we have trained in places as far apart as Sheffield and Saudi Arabia, Manchester and Malibu, Glasgow and Gothenburg, Doncaster and Dubai. Our training is known for our energy, integrity and application. We believe that learning is fun and this is reflected in the way we train. We are so confident in the quality of our training that we offer a full money back guarantee on each seminar.

This workshop will be led by Peter McNab. Peter is one of the most experienced INLPTA Master Trainers in the world, having trained over thirteen countries on three continents.

Peter is founding Director of excellenceforall and was responsible for introducing NLP to the Northwest and to Middle Eastern countries.

To book now, or for further information, contact:

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