



ENNEAGRAM FUNDAMENTALS

TRAINING MODULE

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Enneagram Fundamentals...



Here's what we'll explore in this module:

- What is the Enneagram?
 - The 3 Centers of Intelligence
 - An overview of the nine types
 - What are wings?
 - How we move towards and away from our growth





Personal Responsibility

“You must take personal responsibility. You cannot change the circumstances, the seasons or the wind but you can change yourself.”

~ Jim Rohn, Business Philosopher



What is the Enneagram?



A POWERFUL SYSTEM...

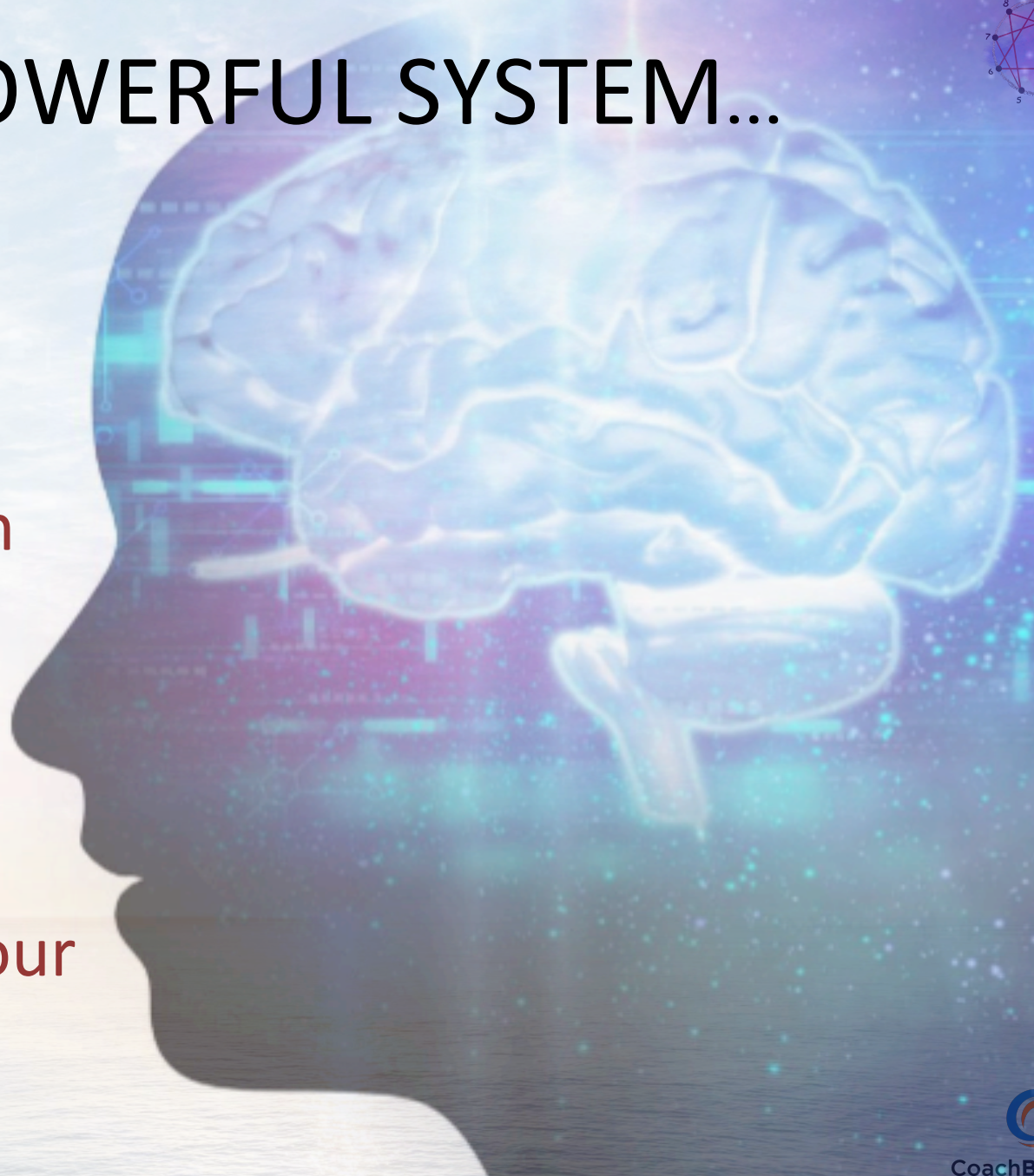


Self Knowledge

Personal Growth

Spiritual Growth

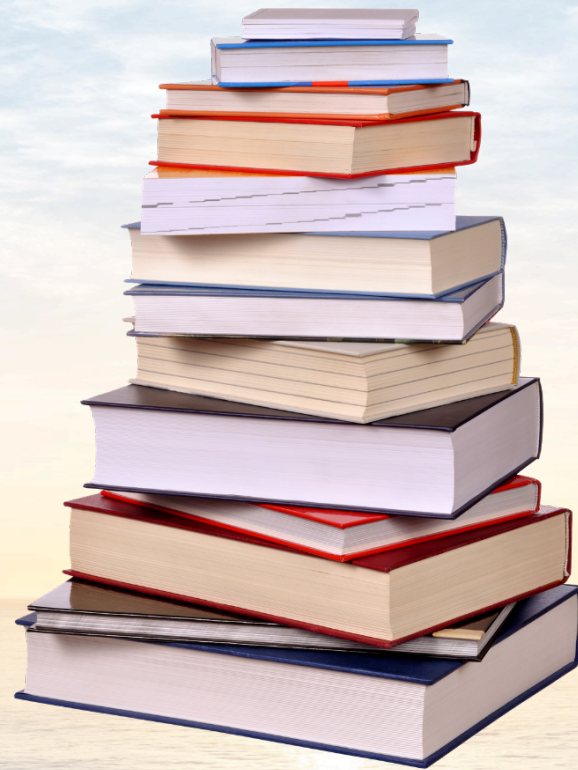
Awakening to your
true nature



How we think, feel and Act



Are Self-Help Books the Answer?



People are different...





Nature?

Nurture?



Nine Personality Types





Three-Brained Beings



HEAD - Thinking - Intellectual

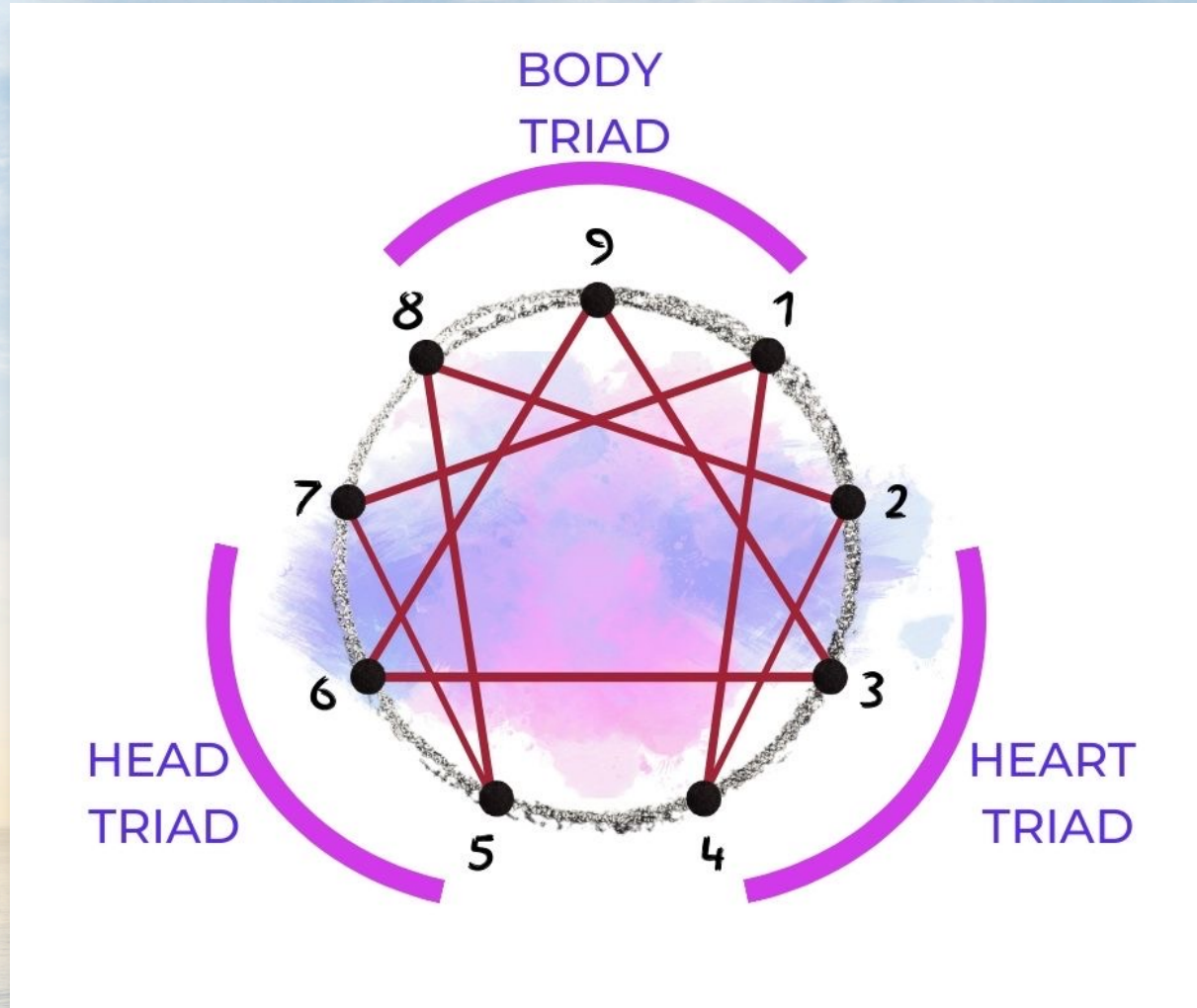
HEART - Feeling - Emotional

BODY - Acting - Instinctual



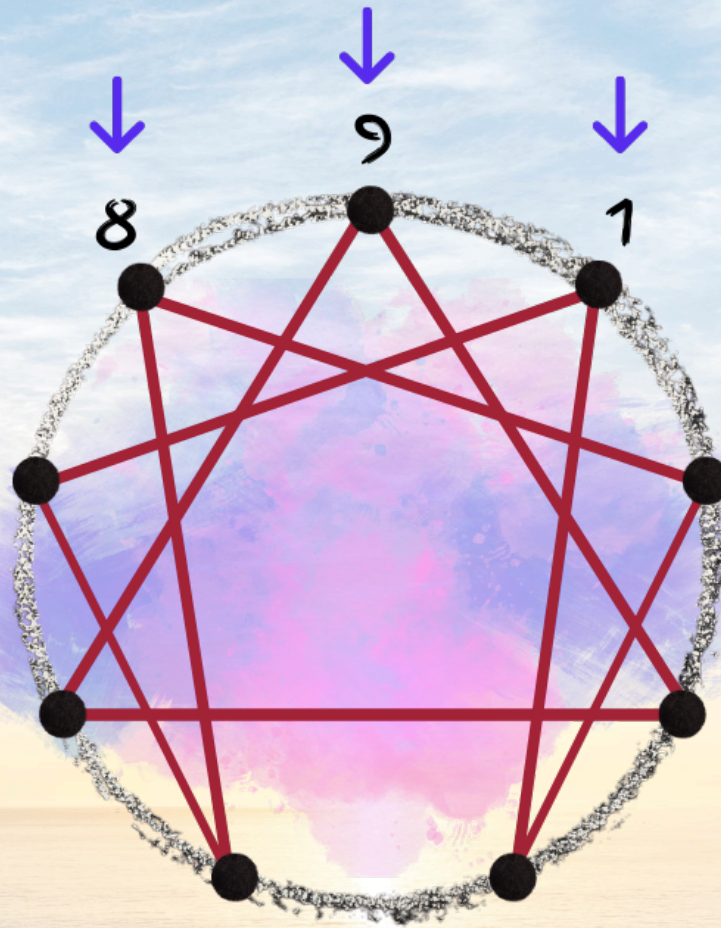


Three Centers of Intelligence



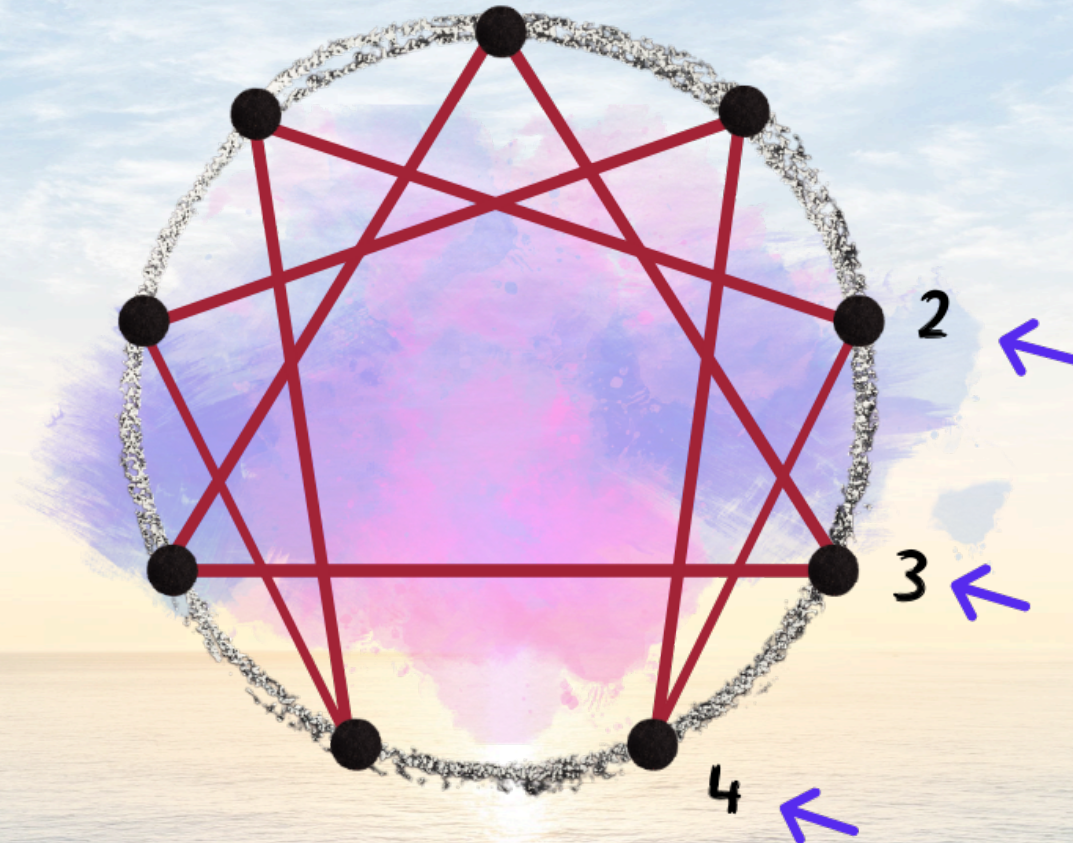


BODY TRIAD



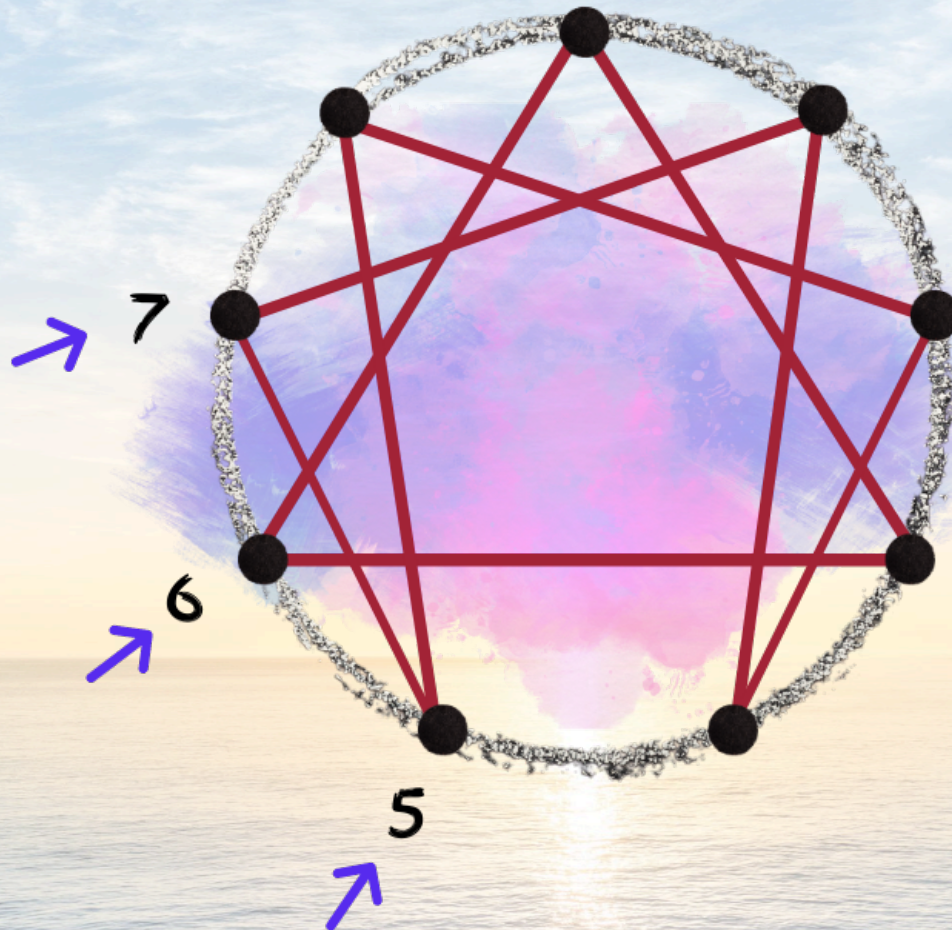


HEART TRIAD





HEAD TRIAD



Energetics





Energetics



Each Triad has one of each type:

- Inward energy (1,4,5)
- Outward (2,7,8)
- Adapting (3,6,9)





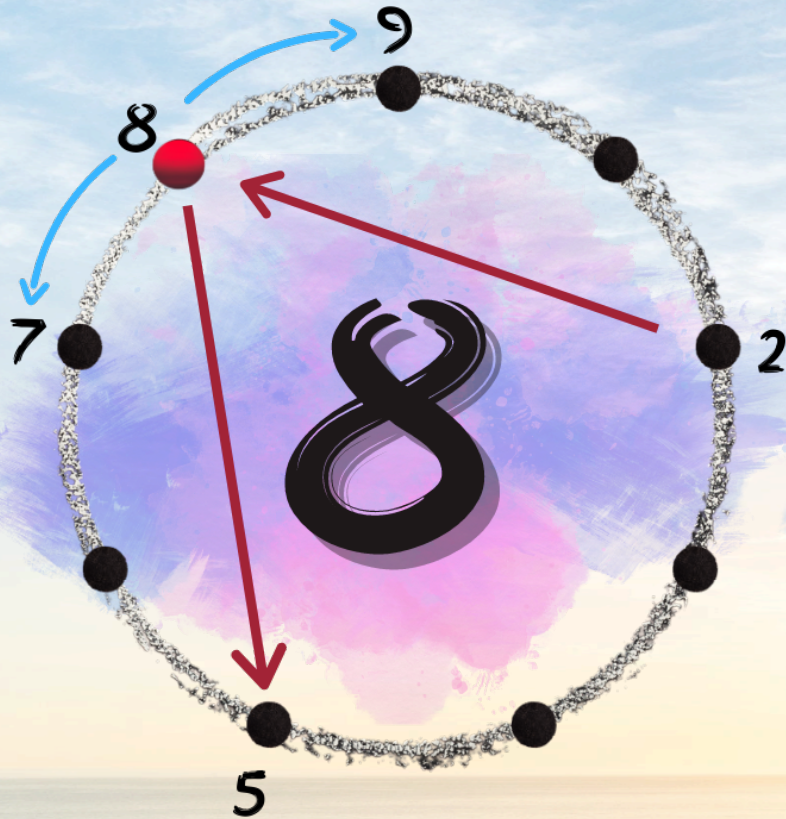
Body Types

Managing the strong emotion of ANGER





BODY TYPE



ESSENCE - Power

ENERGETICS - Outwards

CHILDHOOD - Not safe

WORLDVIEW - Something wrong

AVOIDANCE - Taking the blame

BASIC FEAR - Being harmed

FIXATION - Vengeance

COPING STRATEGY - Denial, blame

OBSERVATIONS - Big, challenging

GATEWAY - Willing to be wrong



BODY TYPE



ESSENCE – Harmony/Peace

ENERGETICS - Adapting

CHILDHOOD – Low maintenance

WORLDVIEW – Don't get involved

AVOIDANCE – Feeling of anger

BASIC FEAR – Being lost

FIXATION - Indolence

COPING STRATEGY – Avoidance

OBSERVATIONS – Neutral

GATEWAY – Engage in life



BODY TYPE



ESSENCE - Purity

ENERGETICS - Inwards

CHILDHOOD - Not good enough

WORLDVIEW - Fix imperfections

AVOIDANCE - Making mistakes

BASIC FEAR - Defective, bad

FIXATION - Resentment

COPING STRATEGY - divert inwards

OBERSVATIONS - Self negated

GATEWAY - Accept themselves



Heart Types

Managing the strong emotion of SHAME





HEART TYPE



ESSENCE - Compassion

ENERGETICS - Outwards

CHILDHOOD - Deep Shame - own needs

WORLDVIEW - No one to take care of me

AVOIDANCE - Own needs

BASIC FEAR - Being unloved & found out

FIXATION - Flattery

COPING STRATEGY - Your needs

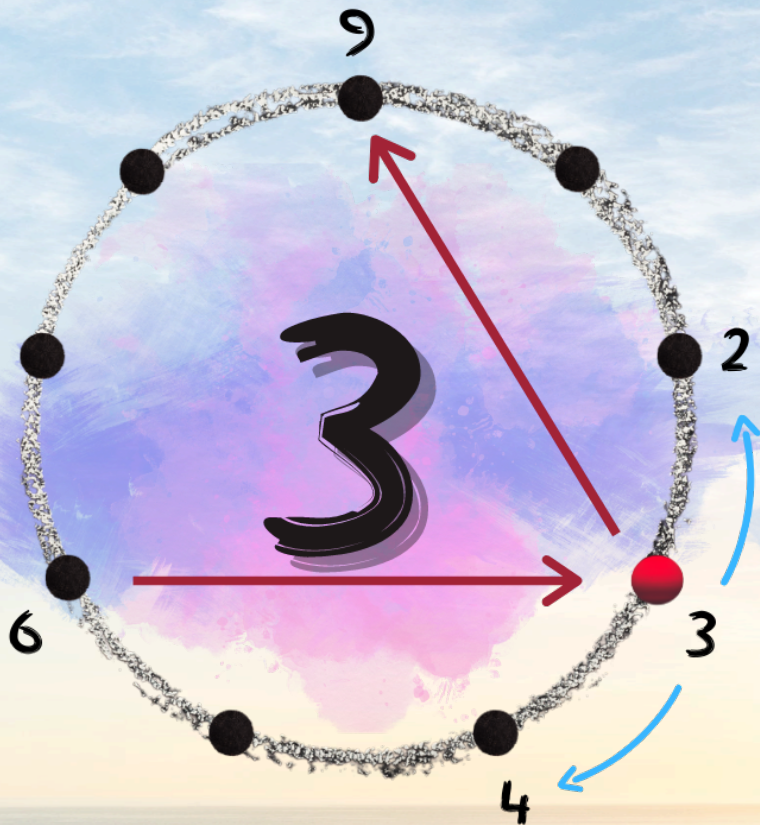
OBSERVATIONS - Demanding, needy

GATEWAY - Stop giving, be vulnerable





HEART TYPE



ESSENCE - Love

ENERGETICS – Adapting

CHILDHOOD – Not valued, discounted

WORLDVIEW – Separate from others

AVOIDANCE – Feeling of failure

BASIC FEAR – No value, worthless

FIXATION - Vanity

COPING STRATEGY – My achievements

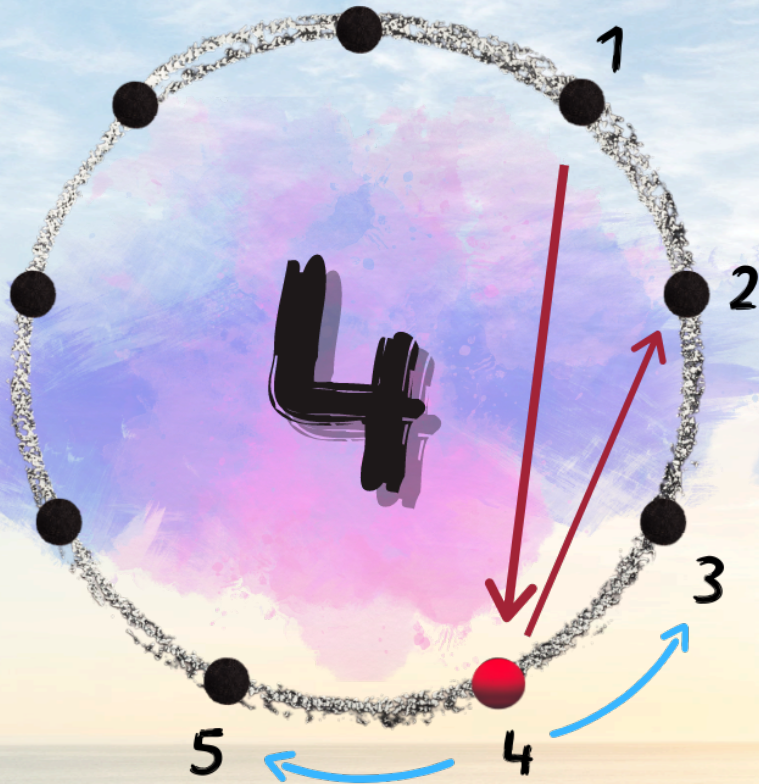
OBSERVATIONS – Cool, driven, intense

GATEWAY – Feel your emotions, open up





HEART TYPE



ESSENCE - Radiance

ENERGETICS - Inward

CHILDHOOD - Felt Abandoned

WORLDVIEW - Not part of the unity

AVOIDANCE - Being ordinary

BASIC FEAR - No identity/significance

FIXATION - Melancholy

COPING STRATEGY - Others emotions

OBSERVATIONS - Fragile, Sadness

GATEWAY - Give up drama - be ordinary





Head Types - Intellectual

Managing the strong emotion of FEAR





HEAD TYPE



ESSENCE - Omniscience

ENERGETICS - Inward

CHILDHOOD - Overwhelmed & intrusive

WORLDVIEW - Overwhelming

AVOIDANCE - Emptiness

BASIC FEAR - Helpless, incompetent

FIXATION - Stinginess

COPING STRATEGY - Retreat to my world

OBSERVATIONS - Soft spoken, quiet

GATEWAY - Share things, give up isolation





HEAD TYPE



ESSENCE – Spaciousness Wisdom

ENERGETICS – Adapting

CHILDHOOD – Inner doubting - unsafe

WORLDVIEW – Not a safe place - prepare

AVOIDANCE – Fear

BASIC FEAR – No support or guidance

FIXATION – Cowardice - anxious

3 COPING STRATEGY – Project stories

OBSERVATIONS – Nervous, Speak fast

GATEWAY – Feel and be present with fear



HEAD TYPE



ESSENCE - Bliss

ENERGETICS – Outward

CHILDHOOD – Cut off from nurturer

WORLDVIEW – Make my own plan

AVOIDANCE – Pain and sadness

BASIC FEAR – Trapped in pain

FIXATION - Planning

COPING STRATEGY – Keep moving forward

OBSERVATIONS – Planning, upbeat, happy

GATEWAY – Stop planning, Be present



Wings & Movement

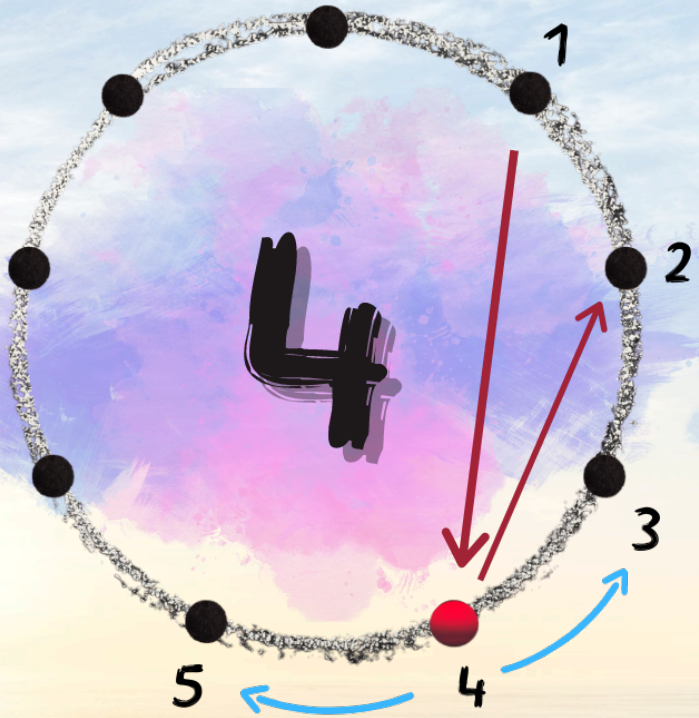




Movement

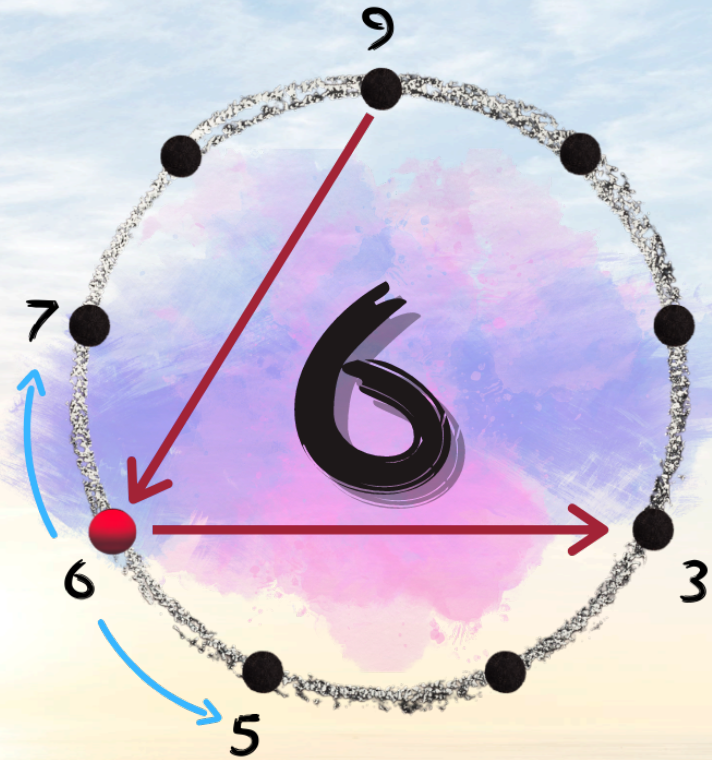


Movement



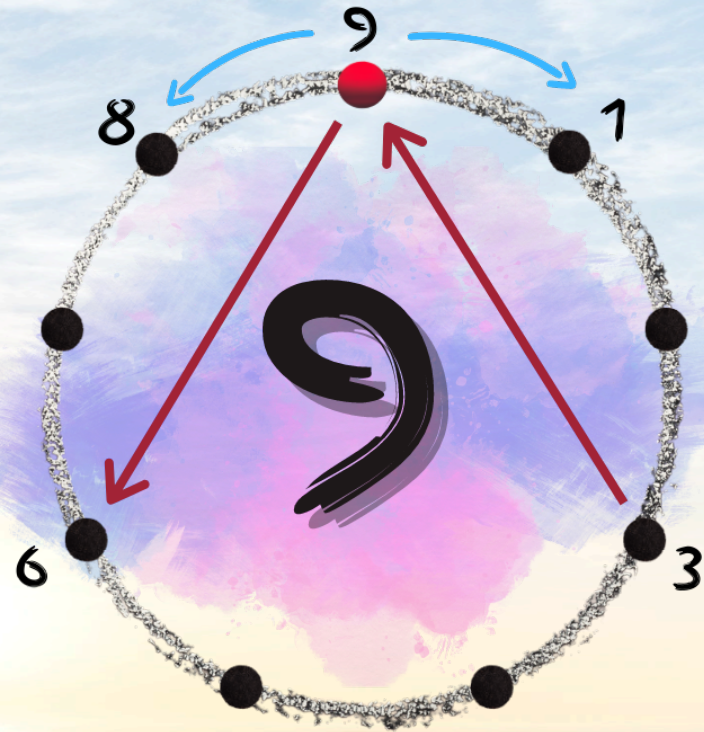
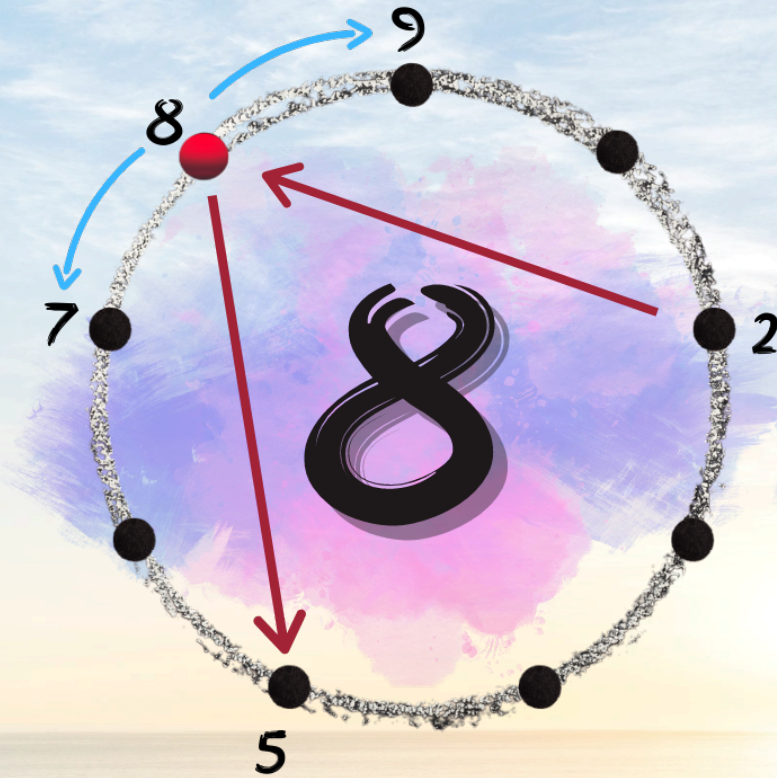


Movement





Movement



Resources

