



# enquiringmind

## EXPLORING THE ENNEAGRAM TO BRING OUT THE BEST IN YOURSELF



### WHAT IS THE ENNEAGRAM?

The Enneagram, (pronounced ANY-a-gram), is a powerful, scientifically validated framework that highlights the varying ways individuals think, act, feel and respond to situations. It is the most powerful and practical system available for increasing emotional intelligence, with insights that can be used for personal development. It answers questions such as 'Who am I really?', 'What motivates me and how is that different to other people?'



### WHERE DOES THE ENNEAGRAM COME FROM?

The word enneagram comes from two Greek words ennea ("nine") and gram ("something written or drawn") and refers to the nine points on the Enneagram symbol. The nine different Enneagram styles, identified as numbers One through Nine, reflect distinct habits of thinking, feeling, and behaving, with each style connected to key strengths and a unique path of development.



### LEARNING APPLICATION

The Enneagram makes the connection between who we are and why we do what we do, creating a clear, tangible link between growing our self-awareness and increasing our ability to achieve our goals.

#### Benefits of the Enneagram include:

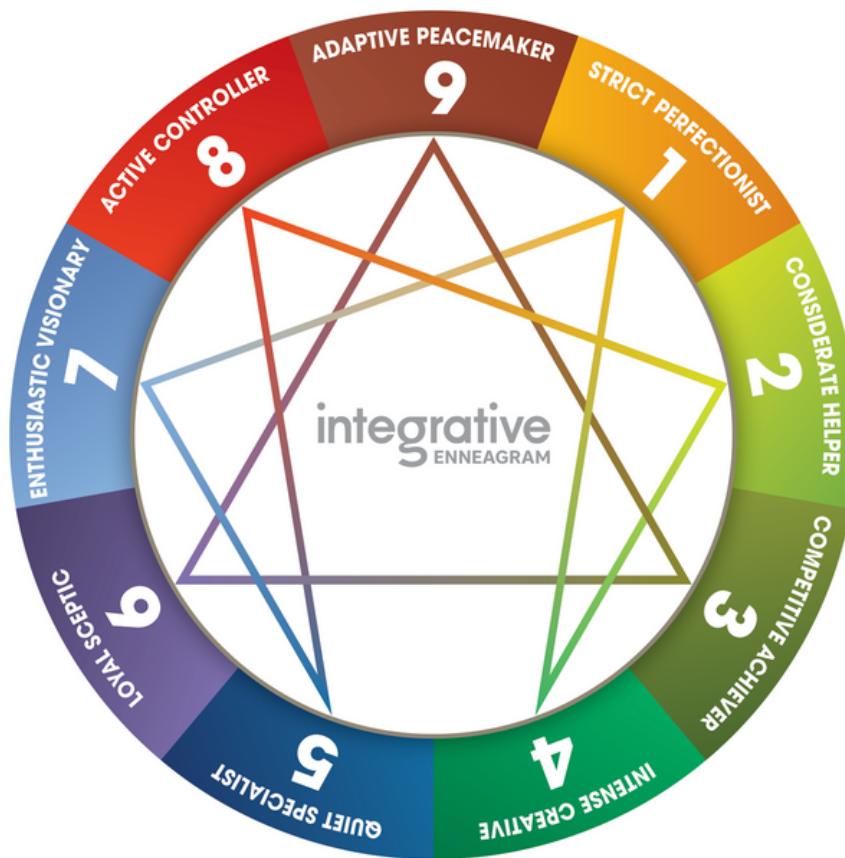
- Increasing learners' consciousness and confidence.
- Increasing learners' compassion for self and others.
- Increasing learners' productivity and motivation.
- Helping learners to understand themselves, their core motivations, and their tendencies, especially under stress.
- Making learning groups and teams more aware and appreciative of each other's tendencies, thereby building cohesion and collaboration.
- Helping learners with better skills for responding to each other, their teachers, and their parents.
- Providing learners with tools and pathways to use when under stress.
- Increasing learners' ability to take responsibility for the consequences of their actions.
- Showing learners the low side and high side of where they tend to go in stress, giving them visible options on which behaviour path to take.



## WHAT IS THE PROCESS OF DISCOVERY?

The process of typing is determined through:

- Online questionnaires using the reporting technology of South African based Integrative9's IEQ9 reports for Individuals.
- Individual or learner group debriefs by an accredited Enneagram Coach, helping learners to make sense of the feedback report.
- Optional individual or group coaching for learners who would like to explore more about how they can grow their self-awareness and self-acceptance and apply relevant tools and techniques in taking responsibility for themselves in different situations.



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Your beliefs become your thoughts, Your thoughts become your words,  
Your words become your actions, Your actions become your habits,  
Your habits become your values, Your values become your destiny.

- MAHATMA GANDHI -

— ” —

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