



WHAT IS ENNEAGRAM?

Stemming from the Greek words ennea (nine) and grammos (a written symbol), the nine-pointed Enneagram symbol represents nine distinct strategies for relating to the self, others and the world.

Each Enneagram type has a different pattern of thinking, feeling and acting that arises from a deeper inner motivation or worldview.

The Enneagram fosters greater understanding through a universal language that transcends gender, religion, nationality and culture. While we are all unique, we share common experiences.

There Catholic community has been studying the Enneagram for many years. It is a useful resource for personal reflection and spirituality.

The 9 types on the Enneagram are:

- The Reformer.
- The Helper.
- The Motivator.
- The Romantic.
- The Thinker.
- The Loyalist.
- The Enthusiast.
- The Confronter.
- The Mediator.

If you would like to know more about the Enneagram and how this tool may be used for personal transformation or collective transformation, please call the House of Prayer and Spirituality on 07 4728 9861.

Facilitated Enneagram workshops are a valuable tool for:

- Schools.
- Teams.
- Workplaces.
- Individuals.