



# Nature Care College

## The Enneagram

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### DESCRIPTION:

The Enneagram system offers profound insights into the nine very different ways in which people feel, think and behave. It is a proven psychological system that helps people achieve self-awareness and develop strategic approaches to interpersonal interactions. The word Enneagram is of Greek origin meaning "nine-sided."  
No one knows the precise origins of the Enneagram, though its roots appear to lie in Asia and the Middle East and date from several thousand years ago.

While the system contains multiple levels of complexity, it can be easily grasped and readily used. Even with the first exposure to the Enneagram there is self-awareness and new avenues for self development. The Enneagram is currently being used in many fields and disciplines, among them business, education, psychotherapy, medicine, sales and law.

This 6 hour workshop (held over 3 weeks) will help you to discover your basic personality "type" and how it impacts your life, work and relationships. Topics covered include:

- Overview of the nine personality Types
- The three main groups
- Head, heart and body

No prior knowledge required. All are welcome! This course is for anyone interested in their self-development and/or professional development. It can help you to identify unconscious patterns, improve coping skills, improve personal and professional relationships, become more effective, discover latent talents and much more!

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### ABOUT JOAN MILLER:



Joan is a passionate and dedicated yoga teacher, yoga teacher trainer, pilates teacher and Reiki Master, with more than 15 years experience. She is a devotee of all things metaphysical and has a wholehearted interest in how we can work with our bodies, minds and spirit to heal.

Joan's keen interest in the Enneagram has informed her work as a teacher and practitioner, as well as her understanding of self & transformation since she first discovered it in 2002 as part of the Journey Accredited Therapist Program. She continues her studies with Eli Jaxon-Bear, a pioneer with this system.

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### DURATION:

6 hours (1 day workshop)

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### WHAT TO BRING:

Please bring a notebook and pen.  
You might like to purchase the texts below, but it's not essential

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**RECOMMENDED READING:** Texts referred to in class are

- The Enneagram in Love and Work: Understanding your intimate and business relationships (Helen Palmer)
- Bringing out the best in yourself at work: how to use the enneagram system for success (Ginger Lapid-Bogda)
- The Enneagram of Liberation (Eli Jaxon-Bear)

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**AFTER THIS COURSE:**

You might like to consider the following related short courses:

- Introduction to Energetic & Spiritual Healing (part of the Diploma of Energetic Healing)
- Introduction to Transpersonal Psychology (part of the Certificate or Diploma of Coaching)
- Introduction to the Holistic Perspective (part of the Certificate or Diploma of Counselling)
- Building Better Relationships
- Positive Parenting - the Mindful Way
- Revealing and Understanding Your Dreams
- Numerology

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Please be respectful of your fellow students and arrive on time for class. Please ensure all mobile phones are turned off prior to the commencement of class.