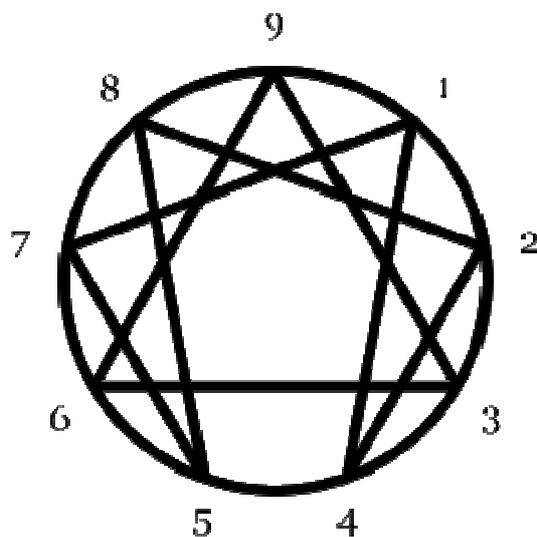


An Adventure In Self Discovery
Atiitya announces
An online Certification program in Enneagram Basics

An Adventure In Self Discovery through Enneagram.

The Enneagram



The Enneagram is a rich and practical study of personal growth based on ancient teachings of mysterious origins. Today, this study has a modern overlay of psychological typing rooted in these ancient teachings.

The Enneagram of personality describes nine distinct types. Each personality type is defined by a chief mental and emotional concern which underlies the development of the personality and highly influences the life experiences of the person who falls under that particular Enneagram type.

Program Details

Free Webinar: 15th March 2016

Online program

Timelines - 12 hours (Six sessions of 2 hours each, every Thursday from 7pm to 9 pm)

Dates – March 23rd, 31st, April 7th, 14th, 21st, 28th.

Why should you learn about Enneagram?

Knowledge and understanding of the Enneagram can enable you to:

Become a happier, more effective person.

Identify unconscious patterns that trigger reactions and drive one's life.

Observe the patterns internally.

Detach attention from the patterns.

Cope with issues and reduce suffering.

Improve personal, family and work relationships.

Discover latent talents and abilities which speak to one's purpose

The Program Includes

- Understanding the Basics of Enneagram – types, sub-types, wings and arrows
- Enneagram as a tool for Self Awareness – knowing personal 'type' – strengths, limitations, opportunities, future possibilities
- Enneagram for Communication, Decision making, Conflict management, prioritization, etc

What Is It?

The word Enneagram is of Greek origin and refers to a diagram with nine points or lines. It is an ancient teaching of mysterious origins which is said to represent every process of creation and renewal. The Enneagram is taught as a technology or system of human development, self-discovery, spiritual growth and self-actualization.

The Enneagram, today, is most often presented as a system of personality types. Each personality type is characterized by specific patterns of thought, speaking style, feelings, emotions, sensations, and belief systems which are universal to the type.

The Enneagram tradition defines personality as the lifetime accumulation of thinking and feeling patterns which form the personality which the person believes himself or herself to be and presents to the world. These patterns include, but are not limited to, habitual ways of thinking, believing, perceiving, and feeling.

The Enneagram Difference

People create their lives by the quality of choices they make. As personality is developed, attention becomes preoccupied to enable a person to cope in spite of earlier and often traumatic circumstances, thus losing a certain ability to respond from an authentic-self. Attention and the shifting of awareness is the key to trans-formational change.

The Enneagram, that focuses on the development of the inner observer as a way to be objectively aware of a person's experience

To transcend a fixation (trance) is to observe patterns through the Enneagram tool and realize the limitations of over utilizing one style and remembering that individuals have choices to expand awareness of how they may respond to a situation. The goal of all the nine styles is to move from a place of self-forgetting to self-remembering. In self-remembering, individuals are able to shift attention and energy toward the development of the positive traits of each of the nine styles. This is the result of awareness, which leads to the freedom to change behavior and responses to enable individuals toward a fuller potential.

While increased self awareness cannot guarantee liberation from problematic patterns of behavior, the Enneagram can help clients determine right action for themselves in a given situation. "The Enneagram is comprehensive and can act as a framework for other typologies, even though it cannot be reduced to any one single psychological explanation".

Examination of the nine styles Enneagram reveals that personalities are often self-deceiving and inhibiting rather than liberating. The Enneagram can give clients the power to change while observing these patterns. To the extent that individuals review the information of the Enneagram, they will experience a new recognition of themselves and their relationship to those around them.

More Coaches may benefit from incorporating the Enneagram as a tool for conceptualizing clients and their issues while developing the therapeutic relationship and aiding interested clients in their growth. No matter their Enneagram style, people share in the full spectrum and experience of human potential. By using the Enneagram, a new level of human potential can emerge to expunge the old paradigms of ignorance and fear.