**The Enneagram Clas****s:**

**You’re invited to join us for our 12-week class on “The Enneagram”**

**Starting Tuesday February 1st, 2022 from 6-7pm on Zoom**

**To join us – send us an email at:** office@stpaulswillimantic.org With your name and email address, with the subject line (Enneagram), we will sign you up, send you the personality test, and the invites to the class.

**And now for some interesting information about the class…**

The enneagram is an effective tool for understanding our personality types. It reveals our motivations and desires and shows us how to put that knowledge to use in our everyday lives, enabling us to become more loving and compassionate with ourselves and others.

During the course you will learn how the enneagram works, and the qualities of each of the 9 types enabling you to determine your personality style. We will explore each style and share how we have experienced their traits. The intention of the course is to learn about ourselves and others and how we fit into the world enabling us to bring our best gifts to all our relationships.

To participate in the class, you will receive a very simple and fun questionnaire that will enable you to see which of the 9 personality traits you most express in your daily life. This tool will help you gain clarity and insight into your personality style. This is for your own personal use and is not required to be shared with others. **Materials from the class will be made available on our website along with the audio only recording of each class.** No worries, if you have to miss a meeting, you don’t have to miss a class!

**February 1st:** Learning about the Enneagram

**February 8th:** Wings and things – Learning how to identify your personality type

**February 15th:** Personality type 1: “The Perfectionist”: Motivated by the need to live life the right way, improve yourself and others, and avoid anger.

**February 22nd:** Personality type 2: “The Helper”: Motivated by the need to be loved and appreciated, to express your positive feelings toward others, and to avoid being seen as needy.

**March 1st:** Personality type 3: “The Achiever”: Motivated by the need to be productive, to achieve success, and to avoid failure.

**March 8th:** Personality type 4: “The Romantic”: Motivated by the need to understand your feelings and to be understood, to search for the meaning of life, and to avoid being ordinary.

**March 15th:** Personality type 5: “The Observer”: Motivated by the need to know everything and understand the universe, to be self-sufficient and left alone, and to avoid not having the answer or looking foolish.

**March 22nd:** Personality type 6: “The Questioner”: Motivated by the need to receive approval, to feel taken care of, and to avoid being seen as rebellious.

**March 29th:** Personality type 7: “The Adventurer”: Motivated by the need to be happy and plan fun things, to contribute to the world, and to avoid suffering and pain.

**April 5th:** Personality type 8: “The Asserter”: Motivated by the need to be self-reliant and strong, to make an impact on the world, and to avoid being weak.

**April 12th:** Personality type 9: “The Peacemaker”: Motivated by the need to keep the peace, merge with others, and avoid conflict.

**April 19th:** Bringing it all together – Where do we go from here

There are many excellent resources to learn about the enneagram. In our 12-week class, we will be using “**The Enneagram Made Easy**” by ***Renee Baron & Elizabeth Wagele.***

***Don Richard Riso and Russ Hudson***, two of the most knowledgeable scholars of the enneagram offer this review of the book we will be using to study.

*“Renee and Liz’s book made us laugh out loud! For newcomers, it offers an entertaining and engaging approach to a complex and subtle subject. For those already familiar with the Enneagram, their wry observations and infectious humor will elicit many chuckles of recognition. We warmly recommend “The Enneagram Made Easy.” -****Don Richard Riso****, author of “Personality Types and Understanding the Enneagram, and* ***Russ Hudson****, coauthor of Working with the Enneagram.*

Here is an explanation of the value of the enneagram from Renee & Elizabeth’s book.

