

Loving Life with The Enneagram

with Helen English

Meet the Enneagram and its
life-affirming resources.
Our foundation-level (Part 1) workshop.

Wednesday 13 July - Friday 15 July

Residential or Non Residential



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www.ammerdown.org

Overview

This workshop provides a strong foundation in The Enneagram. It's perfect as an introduction or if you're looking to re-connect by exploring the Enneagram in a hands-on way.

Carl Jung famously said that symbols cannot be understood by study alone, through cognitive knowing 'about'. They have to be experienced, felt and sensed from within. This is certainly true of The Enneagram. It means that you've learned about The Enneagram in books or through online sources, this workshop will take your understanding and appreciation to a different place. And however much or little you already know, it's always great to be part of a small group, seeing and hearing each point come alive through the unique personal stories of the people you're with (in the "narrative tradition"). It brings the 'aha' moments that make sense of so much, about the Enneagram and about life, our own and others, individually and collectively.

Over these few days if you're new to the Enneagram you may discover your home base [your type, or point]. If you've already found it, you'll be able to re-assess and take your learning deeper.

With curiosity, warmth and compassion the workshop provides an opportunity to:

- **Experience the Enneagram** and each point as a key to deeper connection
- **See yourself more clearly than ever before**, with compassion and clarity; your essential qualities, gifts, habits, patterns: where you trip yourself up and where you shine.
- **Discover how choice and change begin here**, when we "acknowledge what is"
- **Feel more vibrant and alive** by sensing your life force (and how you may contract against it)
- **Improve relationships** using the Enneagram to better understand yourself and those around you: partners, friends, work colleagues, children, parents and more
- **Sense into your life purpose and spiritual path** with The Enneagram as a personal compass

- **Feel a stronger sense of belonging**

Approach

We'll learn together in conversation, small group work and mini-lectures combined with the dynamic and embodied experience of using an Enneagram mat. Relaxing into shared stories, laughter and music will also play its part. All beautifully held by the intimate space that is Ammerdown's stone-walled 'Trevett Room'.

We'll be learning about The Enneagram, of course, and there is much to cover. At the same time, we'll be learning about ourselves, the nature of being human, the patterns and habits we repeat, the gifts and positive qualities we bring, the ways we show up in life and in relationship. The Enneagram also deepens our sense of belonging: our awareness of living in deep connection with one another and with the wider field of life and being.

This workshop offers time and space to tap vital resources for life in what are, personally and collectively, extraordinarily challenging times. More is being demanded of us – more is called for! Whatever our individual path, in the Enneagram we have a uniquely personal and dynamic route-map to help us on our way.

About The Enneagram

The Enneagram is an ancient symbol found in sacred geometry (see [Enneagram Alive](#) for more information). An ever-moving map of connection, flow and change. The philosopher Gurdjieff said it could give insight into anything we might hope to understand. Today, The Enneagram is best-known as an astonishingly accurate map of human experience: personality, identity and relationship.

The Enneagram symbol shows nine ways of being, nine essential qualities that shape our feelings, thoughts and actions. It's a map where action, psychology and spirit are clearly drawn yet inseparable. We each have a point on this map [also named a type or home base] that is ours for life. Each point has a strong energetic drive and distinct, positive spiritual quality that drives our greatest longing and our keenest disappointment. It's where we may shine in the world and in relationship. We may not see these qualities in ourselves, while others see them clearly. So the symbol shows nine ways we lose sight of who we really are and how we may get back on track. How to connect more truly with our own essence, with people, place, spirit and life's full potential.

You may have a profound faith or none, as The Enneagram has a spiritual dimension that draws people from many different cultures, faiths and spiritual paths as well as people simply sensing there is more to life.

Helen English

I'm an active coach, healer, group facilitator and Organisation Development consultant with deep experience in helping people live well and thrive; in personal, family, work, team and spiritual settings. Certified with The Narrative Enneagram in the US, I'm co-founder of [Enneagram Alive](#) and a core faculty member (workshop leader and supervisor) with '[Enneagram Training](#)' offering 'The Narrative Enneagram' professional qualifications in the UK. I have a Cambridge MA, an MSc in Consulting & Change, Chartered MCIPD and IEA Professional Membership. I'm also a Certified Integral Coach (New Ventures West). A long-term Taoist spiritual practice and Systemic Family Constellations shape my approach. In 2022 I've been working internationally with the Enneagram: in Egypt, UK and Italy. I'm passionate about the Enneagram as a living, breathing, dynamic system that's all about insight, movement, change and compassionate acceptance.

Information and booking via the [Ammerdown website](#) with residential or non-residential rates available. For more information or a chat about whether this workshop may be right for you, please contact Helen by email: Helen@positive-space.co.uk