

ENNEAGRAM ASSESSMENT AND 2-HOUR DEBRIEF SESSION TO DISCOVER YOUR TYPE(S)

Discover your Enneagram personality types: With a professional Enneagram analysis, followed by a two-hour consultation/meeting, you open the door to real growth and development. Not just about yourself, but also about your relationships with other people - be it privately, at work or elsewhere.

WHAT IS THE ENNEAGRAM?

The Enneagram is a centuries-old theory of personality types. At the same time, it enables an accurate determination of your personality traits (mirror) as well as offering you plenty of development potentials based on these traits (map).

WHAT ARE THE BENEFITS?

Here is a selection of possible benefits of knowing and consciously dealing with your type and the Enneagram (these points do not represent a promise of healing or anything similar and if you have serious mental or social problems, please consult appropriate specialists):

- More self-awareness
- Exploring options for self-development
- Increased empathy for and understanding of others
- Improved relationships
- Mindfulness and general awareness
- Optimized teamwork and group dynamics
- Easier and quicker decision making
- Reduced anxiety and stress
- Increased awareness of triggers and reactive habits

WHAT IS THE PROCEDURE?

As a certified Enneagram guide, I accompany you with passion, experience and empathy on the first and further steps into this fascinating system. It can help you sustainably transform your life and relationships. The professional Enneagram test (carried out online as a questionnaire) only takes about 20 minutes. The subsequent, intensive meeting between you and me, prepared in detail by me, lasts 2 hours (possible on site in Zurich or as a video call, whatever you like).

WHAT WILL YOU GET FROM ME?

After the appointment you will probably see yourself and many things from a new perspective. You hold in your hands your 14-page Enneagram report as well as the document with my up to 10 pages or more of comprehensive, rich and individually tailored additional information regarding your personal type combination. You may wonder or ask yourself how you have gone through life and the world without this knowledge.

WHAT INFORMATION DO THOSE DOCUMENTS PROVIDE?

The report includes, among other things: Introduction to the Enneagram; Your basic type; Your Trifix (interplay of your three types); your instinct; educational influences; Your underlying fears and motivations; blind spots, e.g. as a manager or employee; Further development options etc.

In my additional, approximately 10-page elaboration, I go far beyond your report. The document goes into great detail about your trifix, your instincts and your - in Enneagram language - so-called wings.

WHAT IS HAPPENING AFTER THE APPOINTMENT?

After our appointment, you will have increased self-knowledge as well as numerous suggestions, inspiration and options for your individual further development.

WILL THIS BE EXTREMELY SERIOUS AND TOUGH?

It will be exciting, enriching and value-adding and we will also laugh a lot together - i do promise :)

HOW AND WHEN COULD WE SET UP AN APPOINTMENT?

Appointments can be made even at short notice. Simply send me a message. I am looking forward to hearing from you!

<https://www.personality-potential.com/>