

What About Me?

"Lifting the Lid on Stress"

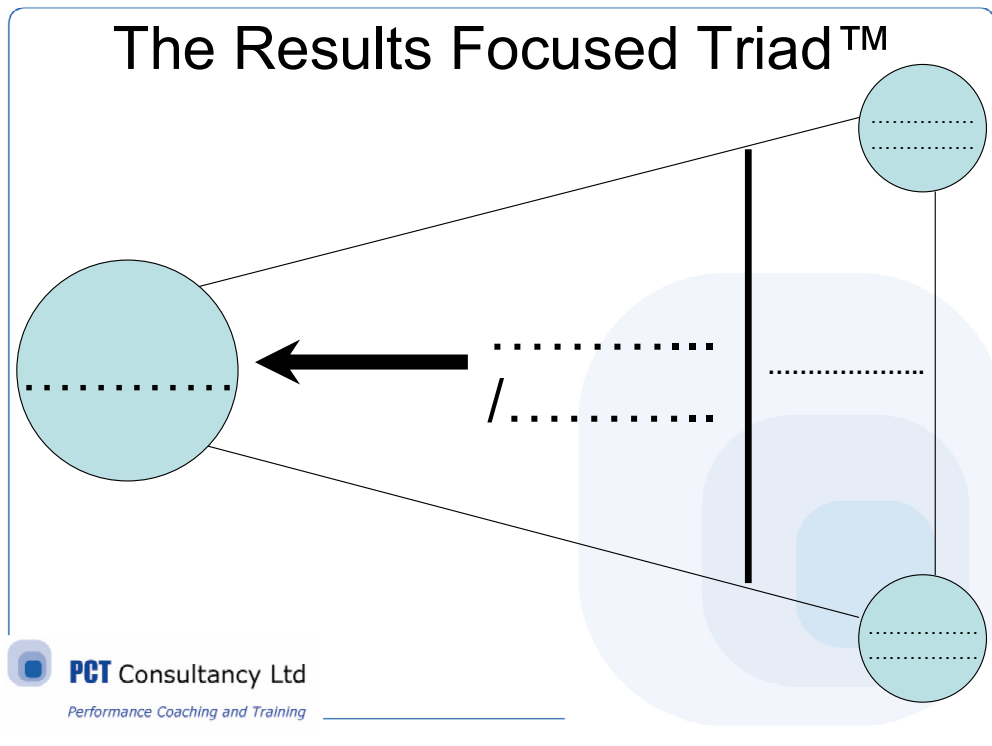
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Baiju Solanki



PCT Consultancy Ltd

Performance Coaching and Training



The Results Focused Triad is a pictorial tool to understand the importance of YOU in anything that you do in life. YOUR purpose, YOUR Values, YOUR Beliefs, YOUR Attitude and YOUR Self-Worth, all have an impact of how Emotionally Healthy you choose to be.

The Enneagram

The Enneagram is a study of the nine basic types of people. It explains why we behave the way we do, and it points to specific directions for individual growth. It is an important tool for improving relationships with family, friends and co-workers.

The roots of the Enneagram go back many centuries. Its exact origin is not known, but it is believed to have been taught orally in secret Sufi brotherhoods in the Middle East. It was introduced to Europe in the 1920's.

The Enneagram teaches that early in life we learned to feel safe and to cope with our family situations and personal circumstances by developing a strategy based on our natural talents and abilities. As you discover your Enneagram type, you will discover more about your original whole self. You will also understand more about the unconscious motivation from which you operate.

Discovering your Enneagram type can help you learn how to bring positive change into your life. It can help change the way you relate to your self and others as well as give you a greater understanding of the circumstances and issues facing you.

By working with the Enneagram we develop a deeper understanding of others and learn alternatives to our own patterns of behaviour. We break free from worn-out coping strategies and begin to see life from a broader point of view.



Resources and Support

Support

PCT Consultancy Ltd.

Your Performance Your Awareness FREE Newsletter

Get weekly tips and inspirational thoughts to keep you on track on a day-to-day basis

Sign-up here www.performancecoachingandtraining.co.uk

Blog: www.performancecoachingandtraining.co.uk/blog

Resources

Enneagram Profile

To get your FREE Enneagram profile and discover your type go to

<http://www.performancecoachingandtraining.co.uk/pct-Enneagram-Profiling>

The Enneagram Made Easy: Discover the 9 Types of People. *Renne Baron & Elizabeth Wagele, 1995*

The Essential Enneagram: The Definitive Personality Test and Self-Discovery Guide. *David Daniels, M.D. & Virginas Price, PhD, 2000*

Bringing Out The Best In Yourself At Work: How to use the Enneagram System for Success. *Ginger Lapiid-Bogda, PhD, 2004*

The Wisdom Of The Enneagram: The Complete Guide To Psychological and Spiritual Growth for the Nine Personality Types. *Don Richard Riso & Russ Hudson, 1999*

Out of the Box: Coaching with the Enneagram. *Mary Bast & Clarence Thomson, 2005*

Contact

Performance Coaching and Training Ltd

baiju@pctconsultancy.com

Tel: 07968 533918