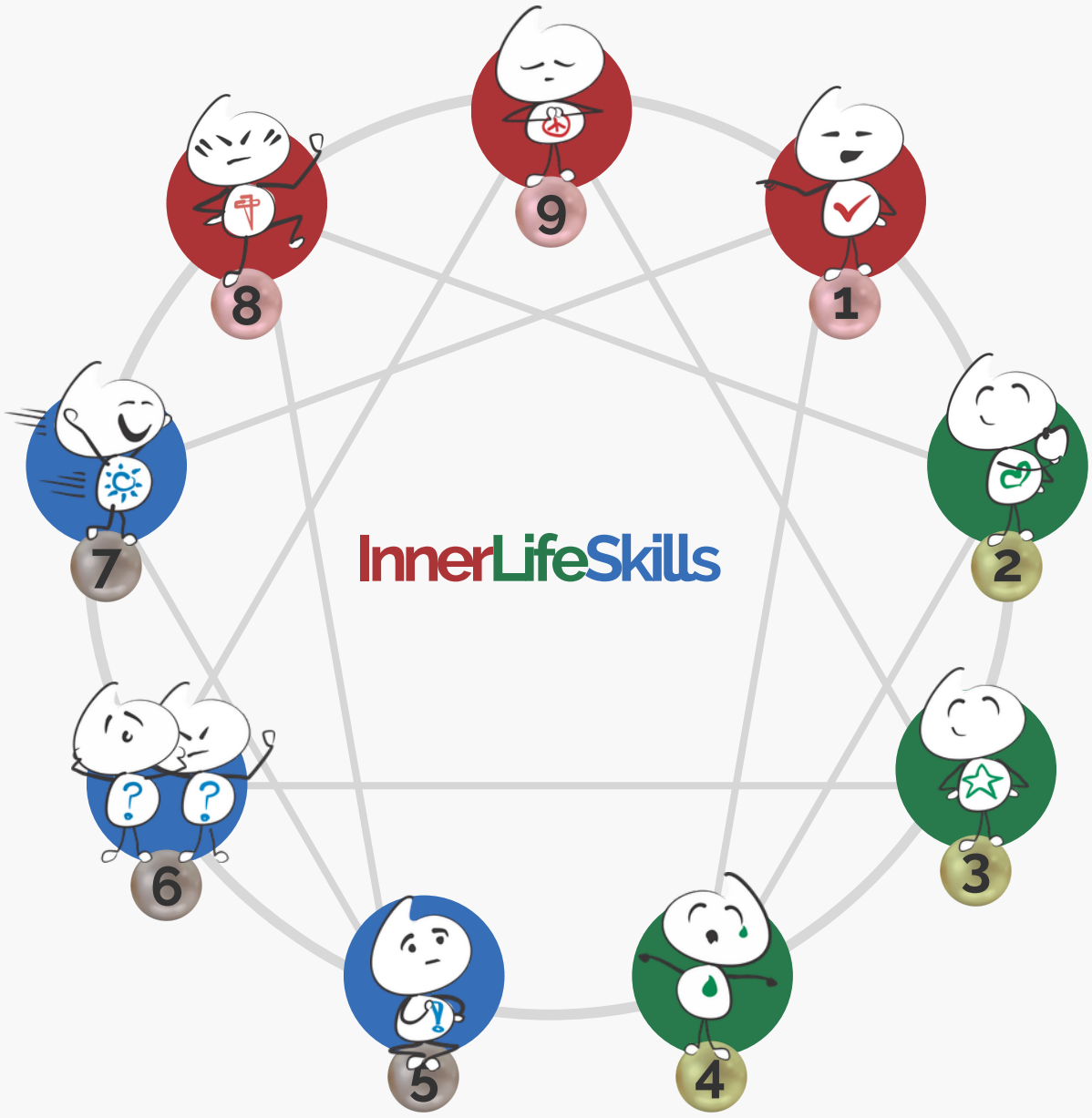
ENNEAGRAM

COACHED TYPING

Kathryn Wooldridge



InnerLifeSkills



KATHRYN WOOLDRIDGE
CERTIFIED ENNEAGRAM COACH

Kathryn is an InnerLifeSkills Certified Enneagram Coach with 20+ years of experience across education, government and business. She has passed the ICF and COMENSA performance exams and is completing her coaching diploma at SACAP.

She loves watching clients grow and achieve what matters to them. Used well, the Enneagram is one of the best tools for personal growth.

Away from her desk, you'll find her walking in Newlands Forest or Kirstenbosch Gardens, or spending time with loved ones.

CONTACT INFORMATION:
Mobile (+27) 828176986
Email kathryn@coachingfacilitation.com



COLLEEN-JOY MCC
CEO OF INNERLIFESKILLS

Colleen-Joy created the InnerLifeSkills 8-Step Coached Typing Method to help Enneagram enthusiasts, families and business teams avoid all-too-common typing mistakes.

Her qualification courses were awarded the highest ICF accreditation in 2012.

You may recognize her from many television and online expert guest appearances or 2 television documentaries about her life.

If Colleen-Joy isn't teaching, leading her team of expert coaches and faculty trainers—you'll find her driving her muddy 4x4 out to breathtaking places—where the horizon bends and animals roam free.

WARNING: The Enneagram is highly addictive!

But luckily only in the best possible way.

If you've heard people saying things like "Oh, she's a 3." Or Johnny Depp's a 4," or even "I'm a social instinct 8 with a 7 wing." You may be thinking - what are they on about?

I understand how that feels. We've all been there. In fact, many of us didn't like the Enneagram at first, because it seemed to be putting people in boxes. But what if...

..the Enneagram doesn't put you in a box, it shows you the one you're already in! And it gives you a map to get out.



This is not a typical enneagram test approach (which doesn't empower you to understand all 9 types and is often inaccurate). This coached typing experience is for you if you:

- love personal growth
- want to understand yourself with sometimes incredible accuracy
- have relationships that need strengthening
- want to really get "what makes us all tick!"

Let's explore your Personality Pearl and Polarities together. I'll guide you to discover the life-changing understanding the enneagram can bring when it's decluttered.

It's no surprise that the Enneagram is one of the fastest-growing coached topics in the world, helping parents, leaders, coaches, teachers, athletes and pretty much anyone with an interest in freeing their full potential. But like anything popular, the internet is filled with the good, bad and the ugly versions (yes that is the title of an old Western).

What can the Enneagram bring you?

When coached well, this can help you gain a deep understanding into the "why" behind yours and others' actions. Plus gain a clear and helpful map to grow to your highest expression. Look at our InnerLifeSkills Enneagram diagram and notice the arrows; these are the paths for growth.

The Enneagram discovery path of the masses

The typical way to find your type is to... 1. Use an online test 2. Then, read up more or attend a course. This works about 50% of the time, but it's not ideal. Why?

- Enneagram tests are often only 50-60% accurate. So many clients and students we've worked with have been mistyped by tests.
- In the 90 minutes it takes to fill in one of the better tests, you could sit with a well-trained Enneagram Coach (like me) to expertly guide you to find your type.
- This way you also learn about all 9 types.

The InnerLifeSkills Enneagram Coaching approach

After working with the Enneagram for over 2 decades, InnerLifeSkills discovered that by combining their world-class ICF (International Coach Federation) accredited coaching methods with a unique Typing Method, clients could discover their types and be empowered.

In a 90-minute session with me, I will walk by your side to enjoy discovering:

- Your Personality Pearls - which is a powerful key to your growth and your 'why'.
- Your Polarity Pairs - which reveals your default inner obstacles, triggers and how to transform them.
- Your Type - using the InnerLifeSkills worksheets and enneatoons (which I've shared with you on the next few pages) we will work to discover your type together in a caring, fun and enriching way.
- Your personal map for growth - to claim your wholeness and rise to your highest expression.

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Start your ENNEAGRAM journey of discovery now

This approach is not for everyone. So before you buy the cake, have a free slice of these helpful InnerLifeSkills Enneatoons.

If this resonates and you're curious, let's chat to find out if a session would be helpful.

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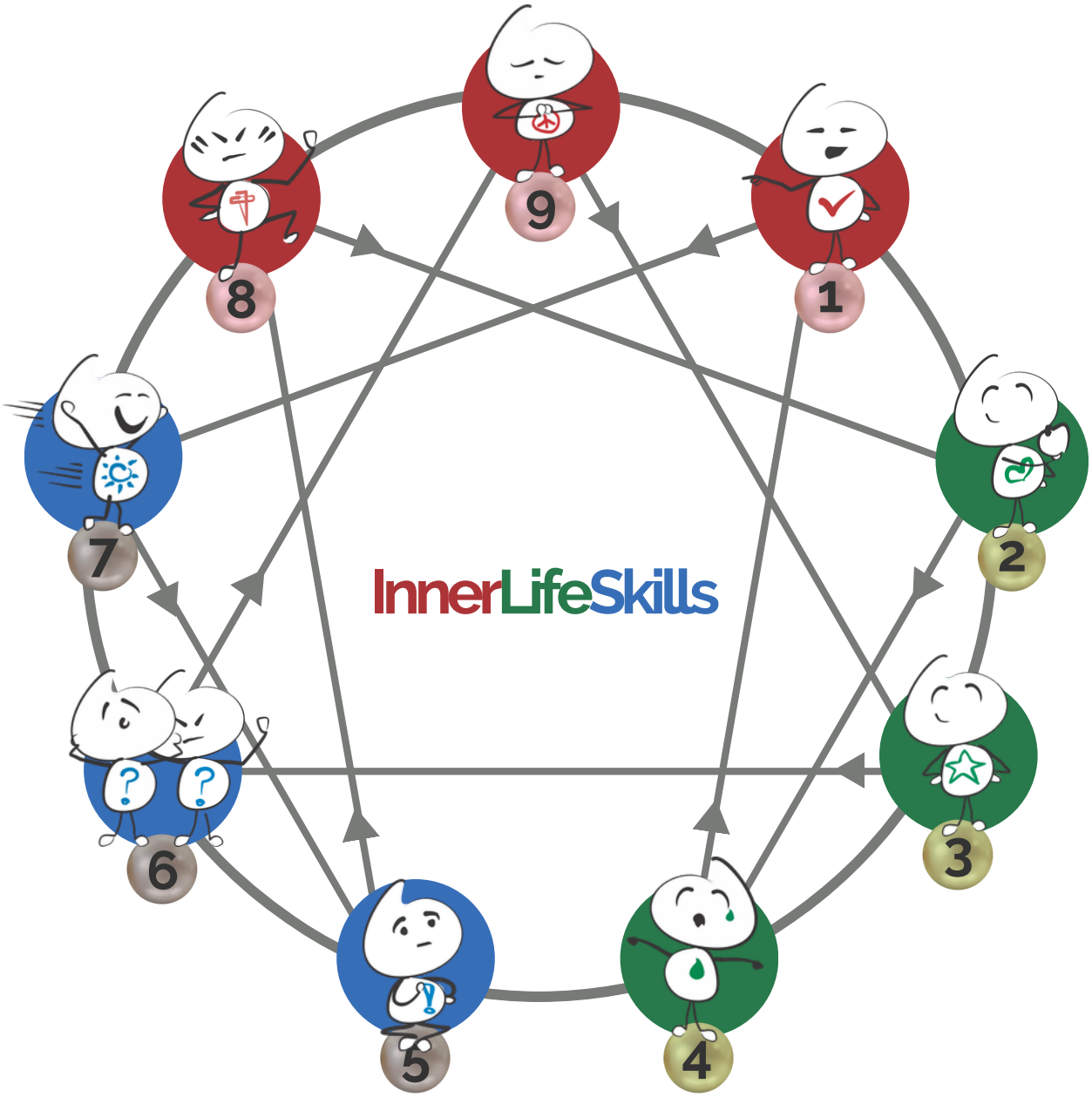

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EIGHT

presence
impact
lead
command
direct
my will
decisive
power
strategy
respect
my way
revenge
challenge
war
loyalty
focus
resourceful
now

"I'm strong not weak."



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NINE

invisible impact numb OK kind chilled avoid not now dreamer nice tuned out neutral denial go with the flow patient peace self-effacing merge

"I'm peaceful not distruptive."



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ONE


trying
impact
ideals
critic
strict
good
improve
perfect
right or wrong
fix
correct
rules
responsible
standards
should
morals
righteous
structure
"I'm good not bad."
STRESS POINT
4
SECURE POINT
7
GUT | ANGER | RESISTANCE | IMPACT
1
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TWO


charming
seen
flattery
yes
kind
nurture
giving
warm
hero
helper
love
martyr
pleasing
your ideal
host
proud
connect
you
"I'm selfless not selfish."
STRESS POINT
8
SECURE POINT
4
HEART | SHAME | MASKING | IMAGE
2
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THREE


yes
seen
visible
action
flattery
1st
competitive
achieve
win
success
network
outdo
faster
star
entertain
me
entrepreneur
"I'm winning not losing."
STRESS POINT
9
SECURE POINT
6
HEART | SHAME | MASKING | IMAGE
3
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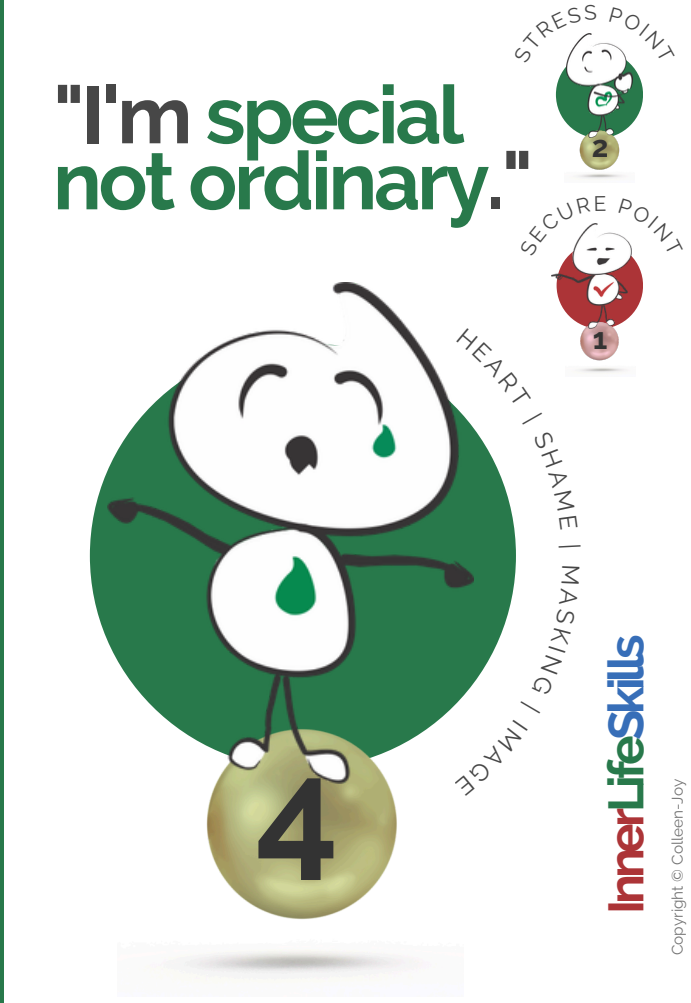
FOUR

drama
moody
seen
flair
feelings
create
me
new
different
original
unique
sensitive
outsider
deep
wound
identity
self-expression

"I'm special not ordinary."



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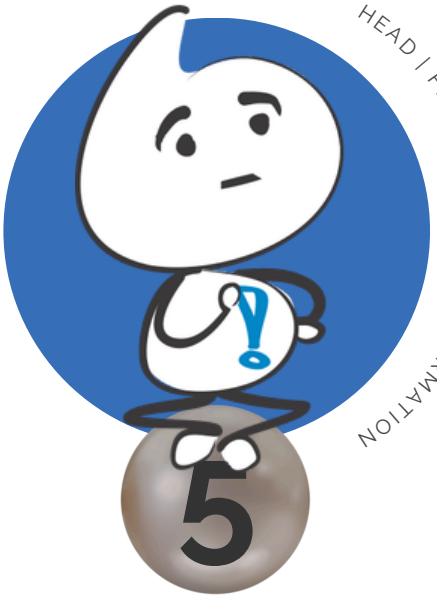
FIVE

hermit safe cool aloof think learn focus understand observe know detach watch isolate investigate intense ivory tower alone perceptive analyze

"I'm competent not incompetent."







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SIX

maybe
diligent
safe
what if?
think
doubt
worry
discern
solve
defend
question
support
feedback
test
check
unsure
plan
loyal

"I'm supported not unsupported."

STRESS POINT 3

SECURE POINT 9



HEAD | FEAR | DIVIDING | INFORMATION

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CP SIX


security
safe
diligent
assert
think
challenge
cause
discern
solve
defend
question
protect
defy
fight
doubt
plan
loyal
"I'm fearless not afraid."
STRESS POINT
3
SECURE POINT
9
HEAD | FEAR | DIVIDING | INFORMATION
?
CP 6
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SEVEN


safe
dream
energy
grateful
alive
new
FOMO
adventure
defend
freedom
possibilities
happy
dare me
imagine
play
YOLO
positive
wild
next-next
"I'm free not trapped."
STRESS POINT
1
SECURE POINT
5
HEAD | FEAR | DIVIDING | INFORMATION
7
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InnerLifeSkills Certified Enneagram Coach

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