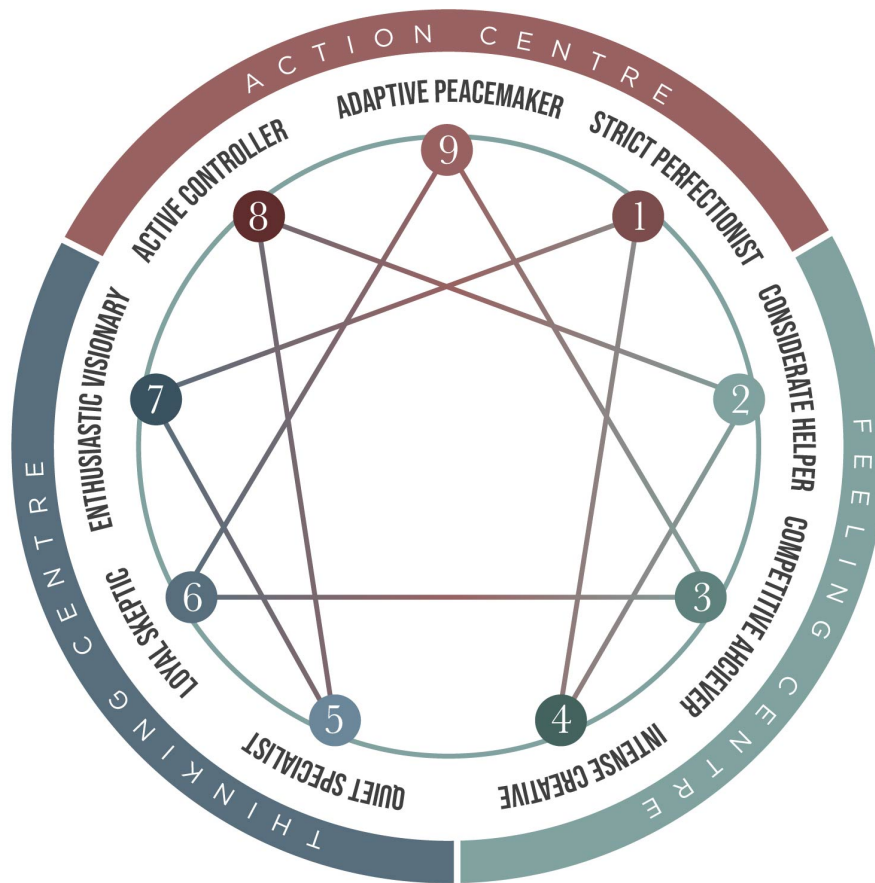


The Enneagram is an archetypal framework that offers a powerful roadmap to personal and professional development. The 9 styles represent the worldview and drivers that guide how we think, feel and act in relation to ourselves and the world around us.



By understanding *ourselves* through the lens of the Enneagram, we become aware of:

- Our personal strengths & contributions to the team.
- Our core motivations & drivers.
- Our primary fears & triggers.
- Our potential blindspots & challenges.

By understanding *each other* through the lens of the Enneagram, we:

- Learn how to bring our unique leadership flavour to the team.
- Gain empathy and appreciation for how others 'operate', make decisions & process information.
- Learn to harness the diversity of the team and the individual strengths each person brings.
- Learn a common language for navigating team issues and opportunities in a healthy and constructive way.
- Build better-performing teams by leveraging optimal group dynamics.

The Enneagram helps us:

1. **Leverage the uniqueness of our personal leadership ‘flavour’** – all types can lead well if they work in alignment with their style instead of against it.
2. **Harness the diversity of the group** – varied thinking, approaches and perspective means increased creativity, problem-solving and innovation.
3. **Create high-performing teams** – because strong teams are dependent on strong interpersonal dynamics, communication and trust.

“Understanding myself and my colleagues through the lens of the Enneagram was incredibly revealing. Jessica structured our learning journey in a way that enabled us to be vulnerable and honest with each other as a team. I believe this is the beginning of a journey into greater self-reflection and understanding, and will make us a stronger, high performing management team, better able to tackle the challenges of our tough environment.”

Nicole Synders

Strategy Director - The Magnet Group

Enneagram programmes are customised to your team’s needs and range from a basic introductory workshop to a fully comprehensive programme.
For example:

A 4-hour online introductory workshop includes:

- Emotional Intelligence and how the Enneagram fits in
- Laying the foundations of the Enneagram & an overview of the 9 styles
- Exploration of individual styles based on pre-completed ieQ9 Enneagram questionnaire
- A combination of self-reflection, paired and group discussion to integrate the learnings
- Please contact me for pricing



A full programme, recommended for depth of insight and sustainable behaviour change includes:

- Professional ieQ9 reports from Integrative Enneagram for each team member
- 90-minute introductory workshop to introduce the Enneagram and the 9 styles
- 1:1 debriefs for each participant to confirm typing and explore report details
- 4-hour team workshop to explore how to leverage the Enneagram as a team
- Please contact me for pricing

Short ad hoc learning modules are available to help integrate the learnings over time and ensure practical application. These include topics such as Psychological Safety, Communication Styles, Stress & Resilience, Managing Conflict and Living your Leadership Style.

"Jessica's Enneagram training is one of the best Enneagram interventions that I've seen. The comprehensiveness in the material, personalised coaching and team sessions leads to a well-informed understanding of team and individual motive"

Mike Saunders

CEO DIGITLAB



JESSICA UYS

Jessica is an Accredited Coach, Enneagram Facilitator & Organisational Culture Researcher. After an initial career in the corporate world, including a position as Consumer & Market Insights Director for Unilever, she's spent the last 9 years supporting her clients in their personal and professional development. She believes in self-leadership as the basis for growth and her passion is in allowing each individual to discover their unique flavour of leadership so they can lead from a place of personal alignment and empowerment.

She's been described by her clients as intuitive, insightful and incisive and her experience spans FMCG, manufacturing, financial institutions and hospitality, including global organisations such as Unilever and PepsiCo.

When she's not working, you can usually find Jessica reading, hiking in the mountains or on the beach near her home on the North Coast of South Africa with her dog, Basil.