

# Practical Potions An Aromatic E Course

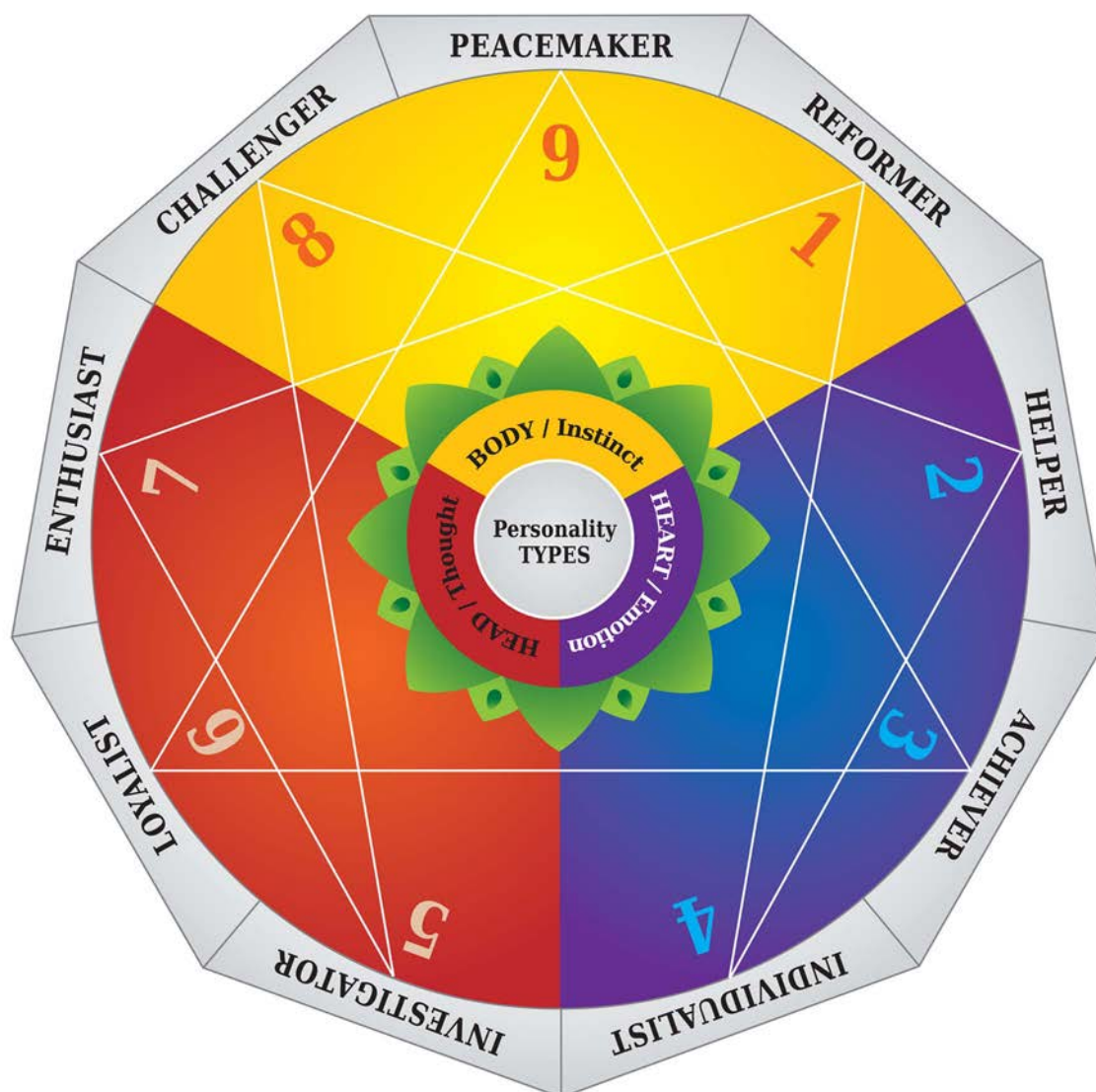
## Unit 4D

### The Enneagram

#### Unraveling the Mystery—A Way to Know Yourself and Your Client



# Transformational Step



Understanding personality is more of an art than a science. Yet, there are patterns and personality similarities among people. Learning about some of the desires, preferences and viewpoints of different types of people allows for better understanding. Better understanding leads to increased ability to deal with people's desires, needs and expectations, all handy tools for an aromatherapist.

This segment on the enneagram will provide a glimpse at 9 personality types. It is a useful way to deepen self-understanding and work effectively with partners, staff and clients.

Purpose: To learn to better work with self and client's. To have a stronger sense of the variety of client's needs. To be able to gauge what the client values. To better deliver a service.



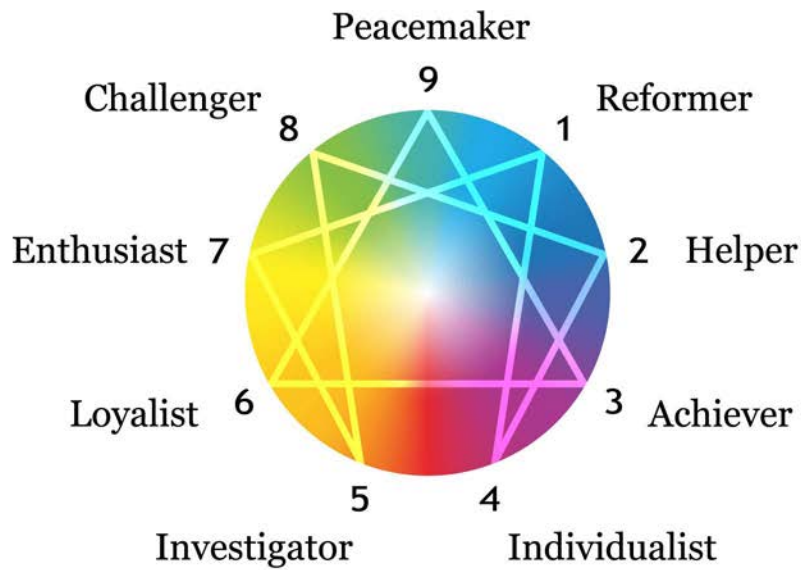
# Exercise



Do the quiz on personality types at the Riso/Hudson site. Google: Riso Hudson Enneagram. If you choose, read extra books on the enneagram. Listen to other YouTube presentations. What enneagram type are you?

Does this feel true?

What are your wings?



Can you guess the number of someone significant in your life? What leads you to believe they are this number?

How does knowing their number give you insights into your personal relationships?

How could it help you with your clients?

If you think back to different people you have ease or difficulty with, can you see any patterns in their possible enneagram types?

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