

A journey of self-discovery and understanding others through the Enneagram

Audience : open to all

Duration : 1 day – Welcome from 8:30 AM, workshop runs from 9:00 AM to 5:00 PM

General objective

Enabling each participant to understand the dynamics of the 9 personality profiles through their core qualities and reactions under stress. The goal is to identify your own type and better understand others, gaining personal clarity and enriching your relationships.

Content

Why do we react so differently to stress or change? How can we decode the core motivations driving our professional and personal interactions?

Join us for an intensive, practical one-day workshop. Discover the dynamics of the 9 personality profiles to identify your own drivers, anticipate your reactions, and understand those around you. A unique opportunity to gain clarity, enrich your relationships, and boost your daily communication skills.

Agenda

- ✓ Introduction & origins : the foundation of the tool.
- ✓ Personality development : how our worldview is shaped.
- ✓ The 3 centers : exploring the instinctive, emotional, and mental dimensions.
- ✓ A journey through the 9 profiles: deep dive into each personality style.
- ✓ Dynamic & growth : understanding sources of (de)motivation and stress reflexes.

Methodology

Alternating between theoretical concepts, practical and self-reflective exercises, and group sharing sessions.

Rate

450 € VAT excl.

Date of the workshop

Tuesday 20 October 2026
9:00 AM – 5:00 PM

Location

Atelier Croissant
1C, Route d'Arlon - Capellen

HR CONCEPT

in collaboration with

