



Your New Life: Inspiration for Personal and Professional Fulfilment

May, 2009

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Dear Nicola,

Hello and welcome to the May issue of "Your New Life: Inspiration for Personal and Professional Fulfillment."

Our feature article this month is "Enhance Your Relationships With The Enneagram," and I hope you enjoy it. As many of you know, I've trained extensively in the Enneagram and use it centrally in my coaching. My clients love it, and one of them, an HR Director, described it as "one of the best tools I have ever encountered...Using the Enneagram was a real "Ah ha!" moment for me and the messages and insights from that work resonate with me on a day to day basis. In a very practical sense it did what no other personality tool does."

I'll also be exploring with you the exciting possibilities of organising your own coaching workshop or retreat, whether it's for you and your colleagues, or for you and your personal friends.

Let me know what topics/issues you would like me to address in future issues, and as always I welcome your comments and suggestions. And do forward this newsletter to a friend who might benefit, using the button below to preserve formatting.

Warm wishes for sunlight in the garden,



P.S. Please add nicola@la-vita-nuova.com to your whitelist or address book in your email programme so you have no problems receiving future issues.

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Enhancing Relationships With The Enneagram

What difference would it make to your life if your relationships, at home and at work, were based on mutual understanding and respect, where you inspire each other to be your best and enjoy the differences between you? The Enneagram is a powerful and still surprisingly little known approach to understanding our personality type and that of the people we are close to, and it helps us to create and enjoy wonderfully fulfilling, happy relationships that just get better over time.

With insights from the Enneagram, we can maximise the potential for fun, connections, love, and growth in our relationships, rather than endure problems based on misunderstandings.

How does it work then, I can hear you asking? Well, first you need to understand what type you are and identify what areas of development you have within your type---and by the way, it's much easier to work on your development when you have specific, individual areas to look at, rather than a generic, one size fits all self-help approach.

What is Your Enneagram Type?

There are 9 basic personality types, each of which has one of three essential frameworks through which they view and filter the world: analytic, where we have an intellectual first response; emotional, where our first response is a feeling one; and instinctive, where we first have a gut reaction to a situation. Just knowing which of these 3 frameworks is primary, immediately gives us a short-cut to deeper understanding.

Type 1: The Reformer, idealistic and perfectionist

Type 2: The Helper, motivated by the need to be valued

Type 3: The Achiever, ambitious and driven

Type 4: The Individualist, romantic and artistic

Type 5: The Thinker, analytical and detached

Type 6: The Loyalist, motivated by the need for

security

Type 7: The Adventurer, enthusiastic and fun-loving

Type 8: The Challenger, assertive and direct

Type 9: The Peacemaker, mediating and non-confrontational

It's Dynamic, Not Static

Unlike most other personality testing you might have done in the past, the Enneagram does not simply put you in a box or category, but instead shows you how to develop to become the best version of your personality type.

Each of the 9 types is much more complex than the simple description above might apply, and each type will come across differently depending on where they are on the spectrum of emotional health.

Compatibility?

You are probably wondering at this point whether certain types are more compatible than others. The answer is yes and no...yes, because some types find it easier to understand and connect with each other, and no, because it depends ultimately on the level of development and self-awareness of each type. A very healthy one, for example, can get along beautifully with a similarly healthy person of any type, whereas an unhealthy two, for example, might find type 9 with its tendency to withdraw unbearably frustrating emotionally.

So What Can The Enneagram Do To Help You Strengthen Your Relationships?

It Helps People Communicate

By helping us be lucidly conscious of who and how we are in relationships, what our framework of expectations is, what brings out the best (and the worst) in us, we understand what we need from the other person, and equally what can trigger a negative spiral.

For example, if you're dealing with a heart-centred and aesthetic type Four, you wouldn't approach them initially in an analytical and impersonal way.

It Gives You A Specific Approach and Plan For Maximising Your Relationships

You can maximise harmony and trust by

understanding the enneagram type of your friend, and create a clear plan for allowing the relationship to deliver its potential.

It Helps You Enjoy Your Relationships More

It Helps You Avoid And Resolve Conflict

Each type has a specific pattern in how it deals with conflict, and understanding this pattern allows you to resolve any tension quickly and concentrate on positive solutions instead. Some types deal with conflict by immediately looking for a positive, best-case scenario approach for solutions, whereas others have an emotionally intense response that needs to be understood, and others go into analytical mode. And of course we need all three approaches to resolve conflict successfully.

Just for fun, here are some examples of famous Enneagram couples. Can you see the potential patterns from the brief introduction I've just given you?

Six and Four: Princess Diana and Prince Charles
Seven and Four: Rhett Butler and Scarlett O' Hara
Eight and Two: J.R. Ewing and Sue Ellen in Dallas
Nine and One: Bill and Hillary Clinton

I use the Enneagram as a fundamental part of my coaching approach with clients, and regularly get feedback that the new understanding they have has transformed a difficult relationship at work into one of mutual support and respect, or turned a stressful pattern of conflict in a personal relationship into a new pattern of mutual understanding and renewed connection. Whether used as the framework for an executive coaching workshop on team development, or used in life coaching for personal development, the Enneagram always gets rave reviews from my clients.

Having conscious awareness of our own way of seeing the world and that of the people we are close to, gives us the tool kit to create the positive, happy relationships we want, as well as allowing relationships to be part of our spiritual and emotional journey of development towards our best self.

To read more about the Enneagram, have a look at my website, www.la-vita-nuova.com/enneagram-workshops.htm or check out the recommended Enneagram books in the bookstore on my site www.la-vita-nuova.com/bookstore.htm.

DESIGN Your Coaching Workshop or Retreat

I am currently offering several workshops for company teams, including "Team-Building With The Enneagram," "Leadership and Personal Development," and "Coaching Skills at Work."

Contact me at nicola@la-vita-nuova.com or on 0845 222 0258 to discuss your company and team needs, and we can design a workshop or training programme that will perfectly suit your objectives.

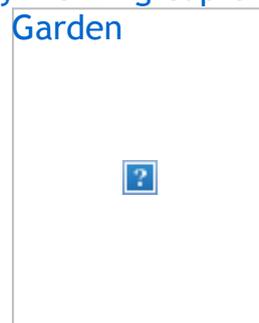
I also offer custom-designed retreats in beautiful surroundings to private groups, and welcome enquiries from anyone interested in creating an inspiring retreat for their own benefit.

UPDATE on what Nicola is doing

* Enjoying a beautiful and relaxing break earlier this month on the west coast of Ireland, driving around the Ring of Kerry, exploring Killarney and Kenmare, going fishing for the first time (well, I wasn't actually fishing myself, more spectating!), and discovering a gorgeous empty beach (see picture)



* Gardening! My new garden is now finished, and the finishing touch is a swinging pod/nest chair on the deck, a great place to enjoy an early morning cup of coffee or evening cocktail. See the picture of Katmandu, my cat, appreciating the garden



*Seeing Wicked at the Apollo Theatre in London, a great female buddy show
*Preparing to teach "Creating the Vision" and "Acknowledging" for

Coach U in June

*Planning an executive team training/coaching programme for one of my corporate clients

ABOUT NICOLA AND LA VITA NUOVA

Dr. Nicola Bunting is a top international personal and professional coach, one of only 1% of coaches in the world to have attained the Master Certified Coach credential from the ICF (International Coach Federation). Nicola's company, La Vita Nuova (the New Life!) Personal and Professional Coaching, is devoted to expert bespoke executive and life coaching for successful and ambitious professionals (in Europe and the USA) who want to dramatically accelerate their success and fulfilment. With individual, group, and corporate coaching programmes on offer, La Vita Nuova can design a coaching plan to help you design and create an extraordinary life and work.

You can learn more at www.la-vita-nuova.com



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