

Get to know yourself – and how to cope with it!

Lent is a good time to try to get to understand yourself better and develop your self awareness, so this Lent we are having a course of two sessions on the Enneagram, led by an Enneagram expert.

The Enneagram is a personality typing system that consists of nine different types. Everyone is considered to be one single type, although one can have traits belonging to other ones.

The beauty of the Enneagram is that it doesn't just help us to identify our personality type, it also helps us to cope with our weaknesses and develop our strengths. It is a tool that many people have found useful in their lives and relationships, both professional and personal. For the Christian, this includes our relationship with God.

Attendance is free, but you must commit in advance to attend both sessions.

Enneagram Session 1

- Tuesday 7 March at Holy Trinity, Bledlow at 8pm

Enneagram Session 2

- Wednesday 29 March at Holy Trinity, Bledlow at 8pm.

Email Jennifer (revjimlocke@gmail.com) or phone 01494 674989 to book a place on the course. **Numbers will be limited** so don't delay!

