

**PG DEPARTMENT OF COUNSELLING PSYCHOLOGY**

**ST. JOSEPH'S COLLEGE (Autonomous)**

Tiruchirappalli-620 002

**Report on The Enneagram Personality Test - Workshop**

**Dates:** February 23<sup>rd</sup> 2023 to March 17<sup>th</sup> 2023

**Audience:** 1<sup>st</sup> PG students of Counselling Psychology

**Introduction:**

PG Department of Counselling Psychology conducted a workshop on the Enneagram Personality Test.

**About the theme:** Enneagram personality test is based on the enneagram personality typology. The Enneagram is an amazing tool to help people understand themselves and others. The Enneagram is a system of personality typing that describes patterns in how people interpret the world and manage their emotions. It describes nine personality types and maps each of these types on a nine-pointed diagram which helps to illustrate how the types relate to one another.

**Resource Person:** Rev. Dr. Emmanuel Arockiam, SJ, HoD, Counselling Psychology & Library Director, St. Joseph's College (Autonomous), Trichy.

**Report:**

25 sessions were conducted for the First Year Post- Graduate Counselling Students as an add-on course to "Personality Testing" and "Personality Development." So, Enneagram as an effective personality test, will help in analyzing in which personality one belongs to. The test helps in providing knowledge and awareness of oneself and others to become an effective person as well as a well-balanced professional. To assess the above, a questionnaire of one hundred and eighty questions was given to the students by Rev. Dr. Emmanuel Arockiam, SJ and participants were asked to fill it up. In order to answer the questionnaire appropriately with the right answer, the actual explanation of each question was given in the class in both the native and international language (Tamil & English). After filling up the test, Rev. Dr. Emmanuel Arockiam, SJ dealt with all the nine types of Personality which includes The Reformer, The Helper, The Achiever, The Individualist, The Investigator, The Loyalist, The Enthusiast, The Challenger, The Peacemaker and he gave the students an elaborate explanation of the characteristics of each type, the nine different levels in which it takes different forms with the help of realistic examples in accordance with the profession of Counselling. The students actively involved in this workshop due to his pragmatic and interesting way of teaching.

### **Highlights of the session:**

- ❖ Each of the nine personality types is defined by a particular core belief about how the world works.
- ❖ The core belief drives our deepest motivations and fears and fundamentally shapes a person's worldview and the perspective through which they see the world and the people around them.
- ❖ Our core beliefs are not necessarily incorrect, but they can be limiting and operating as “blindness” for people.
- ❖ Understanding a person's Enneagram type helps us to see why they behave the way they do.
- ❖ Each Enneagram type has a set of core beliefs that will consistently motivate them to take actions and guide them to make certain decisions.
- ❖ Behaviour that may seem confusing or contradictory can often be explained when we understand a person's Enneagram type.
- ❖ Helps us understand how people react to stress.
- ❖ By describing how each Enneagram type adapts and responds to both stressful and supportive situations, the Enneagram shows opportunities for personal development and provides a foundation for the understanding of others.

### **Conclusion:**

The Enneagram is mostly used for personal self-knowledge and personality development, offering a powerful tool for better understanding our core motivations and applying that knowledge to all areas of your life, including conflict resolution, team dynamics, leadership, and emotional intelligence and in counselling practice.



Dr. EMMANUEL AROCKIAM, S.J., Ph.D.  
DIRECTOR - DEPT OF COUNSELLING PSYCHOLOGY  
ST. JOSEPH'S COLLEGE (AUTONOMOUS)  
TRICHY-620 002