

Enneagram and Oils

Post 1: Welcome

- Introduce yourself and welcome them to the class.
- Briefly mention what you'll be covering in the class.

Post 2: Understanding the Enneagram

- We highly suggest taking the Enneagram test yourself from The Enneagram Institute to get your results and better understand what the Enneagram is and what the different types mean.
- You don't have to be an expert to run this class! We're all continuously learning and growing from this knowledge, so even if you have a casual understanding of it, it starts the conversation about our personality types and how understanding that will help us know ourselves better and GROW more.
- Let them know what your favorite Enneagram resources are - there are TONS of them out there, so give them your top few so they can also explore the information.

Post 3: Connecting Oils with Enneagram Types

- In this outline, you'll find a description of each Type and a suggestion of oils that pair with that Type, but this is WIDE open based on what oils you feel can help accentuate and support all the positive strengths of the different Types and help them function and deal with life in the best way possible. As always, use the class outline and images as a guide, but suggest the oils YOU feel are best.
- It's best to stick to the positive aspects of each Type, but you can also share some oil suggestions that might help them deal with anything they feel they aren't super strong in or might cover some of their blind spots. It could be best to suggest mainly confidence building oils for that in order for them to be confident in who they are.
- Tell them which Type you are and what oils you've found have best helped you. People love to hear your personal experience with this so they know it's not just a theory or idea, but that it has real life implications and application.

Post 4: Type One - The Reformer

- At their core, Type Ones want to have integrity, to be good, ethical, balanced and to do everything accurately. What else have you learned and can convey to them about Type Ones?

- Surrender and Royal Hawaiian Sandalwood. For Type Ones, allowing themselves to surrender and calm their mind will help them find balance and continue to live life the way they're wanting to. Any other oils you might think would be good for Type Ones?
- Give them some real life examples of what a Type One might look like and have a discussion about them.

Post 5: Type Two - The Helper

- Type Twos give love and nurturing to others and have a desire to be appreciated, loved, and valued for who they are. What else have you learned about people who are predominantly Type Two?
- Acceptance and Geranium. Stimulating the mind and energizing emotions helps open us up to all the possibilities of new relationships and accepting love. What other oils could help keep Type Twos emotionally charged and open to love and appreciation from others? Maybe Rose or Ylang Ylang? Give them options.
- Talk about someone in your life that you know is a Type Two. If you aren't certain of an exact person in your life who is one, talk in generalities about how Type Twos live life and make it better for those around them.

Post 6: Type Three - The Achiever

- Type Threes work hard, achieve their goals, and love to succeed. They are optimistic, charismatic, and are natural leaders. This could be a good spot to clarify that just because these are predominant characteristics of people who are Type Three, that doesn't mean that people who are predominantly another type can't have these characteristics as well.
- Gathering and Northern Lights Black Spruce. Overcoming chaotic energy helps us focus and get closer to bigger achievements, so these oils can be especially beneficial to a Type Three. What other oils might help Type Threes?
- If you're running this class for your business teams, what could you say about the benefits of having some Type Threes on your team? If you're running it as a regular class, discuss Type Threes and more about different oils that can help them.

Post 7: Type Four - The Individualist

- Type Fours are creative, exceptional and unique. They see beauty in their surroundings and long to bring about harmony. What percentage of Type 4 are you?
- Grounding and Neroli. Embracing solidarity helps stabilize and ground us, which encourages authenticity, and a core value of Type Fours is being authentic. What other oils or blends might be good for Type Fours that can spark their creativity or help them stay grounded and authentic?

- What did you find most fascinating about Type Fours as you learned more about the Enneagram and the different Types?

Post 8: Type Five - The Investigator

- Type Fives desire to be capable, knowledgeable, and competent. They are gifted in learning and organization. Is this you? Is this someone on your team? Could be a good time to reinforce the idea that people can have high percentages of multiple types that work together.
- Present Time and Bergamot. The feeling of being in the moment empowers us and helps us utilize our gifts, which is something Type Fives crave, to be able to utilize their gifts. Any other oils that would benefit Type Fives?
- What practical tips to go along with the oils can benefit Type Fives to help keep them feeling like themselves the most and staying on top of their game? Talk about how having a Type Five on your team can be helpful and how you can utilize their strengths.

Post 9: Type Six - The Loyalist

- Those who are Type Six are strong, deeply loyal, and courageous. They lift others up and give freely of themselves to help those they love. Do you have someone close to you that is a Type Six?
- Valor and Frankincense. Facing and overcoming anxieties takes courage, confidence, and self-esteem - these are all things that a Type Six will need to continue to give of themselves. What other oils could recharge them and support them in life?
- You could start a conversation here about how to support others who are Type Six and let it develop into how each Type receives encouragement, help, support, etc.

Post 10: Type Seven - The Enthusiast

- The core desires for Type Sevens are to be happy, fulfilled, satisfied, and absolutely content. They search for true fulfillment. What other Type could you compare and contrast this with, while staying positive about both? Or maybe you want to talk about how this Type combines with others? Remember, people can be multiple Types and draw from the strengths of all of them.
- Awaken and Northern Lights Black Spruce. Enhancing your inner self awareness opens you up to reaching your true potential, which can help a Type Seven on their quest for true fulfillment. Any other oils that might help them throughout the day? What about interjecting some oil tips for ALL Types to help them get good sleep so they can focus their oil use during the day on supporting their Type?

- Time to share about yourself again - what percentage of Type Seven are you? Whether it ranks high on your list or low, discuss this and what you notice about yourself based on how much of a Type Seven you are. Make it personal and relatable.

Post 11: Type Eight - The Challenger

- Type Eights are trustworthy, bold, and fearless. They love truth, justice, and impart confidence to those around them. Give them some real life examples of what a Type Eight looks like. Help them connect who might be a Type Eight in their own life - possibly even themselves!
- White Angelica and Bergamot. Protecting your spirit and finding healing lets you enjoy feelings of safety and peace, which helps protect them as they live fearlessly. What other oils can help with this?
- What roles do Type Eights generally play in different areas of life? In a work/team environment, in the family, as a friend, etc. Have a discussion about them.

Post 12: Type Nine - The Peacemaker

- A Type Nine desires to have inner stability and peace of mind. They wish for everyone in their life to find happiness. Sound like anyone you know?
- Harmony and Frankincense. Finding balance helps bring us into harmony with all things, people, and cycles of life - balance helps a Type Nine feel secure, which helps with their desire to have inner stability. What other oils and blends could they use?
- What other Type are Type Nines similar to? Talk about how sometimes people might assume they're dealing with that other Type when they're really dealing with a Type Nine. This can also be a great time to reinforce how people can have high amounts of other Types, which help round out our overall personalities. Let this lead naturally into the overall recap.

Post 13: Recap

- The connection of learning more about ourselves through the Enneagram and catering our oil usage to our Type is fascinating. Talk about all the things you've learned as you prepared for this class and how you've started using your oils to help support your Type.
- Open it up for questions and discussion.
- If you're running this class in your biz group, encourage them to lean on each other's strengths and learn more about their own team's numbers. Use this as a team building exercise so you can all grow and work well together.

Post 14: Thank You

- Thank them for joining you.
- If you want to do a giveaway of an oil per Type, now's your chance!
- Let them know you can help them with anything they need and remind them of your favorite Enneagram resources, especially ones that also relate to oils!