

The 5 CHARACTER STRUCTURES

Course information



The 5 Character Structures (5CS) offers a kind of X-Ray Vision for navigating the behaviours of yourself and others. It's a deeper map of personality for today's leaders and unlocks stronger relationships and better communication.

10 reasons to attend

1. Deepen your self-awareness
2. Understand the patterns of your personality
3. Improve your self-management and self-regulation
4. Gain insight into why people react and how to avoid triggering them
5. Understand why you clash with some people and what to do about it
6. Learn the keys to building stronger relationships with anyone
7. Learn how to provide psychological safety for others
8. Gain skills for making the most of other people's strengths
9. Build your capacity to influence
10. Gain access to a more productive level of communication

What's involved

7 online classes

90-minutes each class

There are 3 ways you can engage in the course:

1. Join an open program with people from other organisations.
2. Learn together as a Team development exercise.
3. Offer a course or courses within and across your organisation.

Dates & times

Email me to discuss.

Week 1

Introduction to The 5 Character Structures

The introduction covers the thinking behind The 5 Character Structures. We look at why it is such a powerful map for understanding yourself and others. We explore how it helps you unlock stronger relationships and better communication.

The 90-minute session looks at how character structure is formed, and how your personality develops over time. We consider ego development as the repeating patterns of safety strategies and playing to your strengths.

We begin the journey of recognising your own personality prison and how to move beyond it. And at the same time recognising the Character Structure of others, and how to connect with them in their world.

Week 2 to 6

The 5 Character Structures

In weeks 2 to 6, we look in turn at each of The 5 Character Structures. With each of the 'characters', we discuss their specific character formation, and their mental, emotional and physical armoury.

You will gain insight into each structure's clever disguise, and the things they think but don't say. You will learn how to recognise them, and how best to relate to them.

We will cover:

- Their strong suits
- What they need help with
- What makes them tick
- How to fall out with them

You will also gain knowledge and insight about moving from clashes to collaboration with each character type.

Week 7

Character mixes

In truth no person is any single character structure. We are each a mix of all of them. Most people have a primary and secondary structure. In week 7 we expand this map of personality by exploring the 10 primary and secondary character structure combinations. This is where you really start to see your friends, family and colleagues.

Week 7 is designed with more opportunities to discuss and debate.

Here's a taster

American physician and psychotherapist Alexander Lowen, developed 'Bioenergetics' based on Wilhelm Reich's breakthrough work on embodied character. Re-purposed for business, The 5 Character Structures offers a kind of X-Ray Vision for understanding yourself and others. It provides the keys for building better relationships with anyone.

Most personality models deal with how people act, 5CS also deals with why we react. It speaks to observable patterns in people's behaviour, and can be considered as the strategies we have developed from an early age that support our safety and success. It is a body-mind based model of personality (rather than a psychometric instrument), which helps you understand why you do what you do, and why others do what they do. It requires no questionnaire or evaluator.

The idea behind it is that:

1. We are made up of emotional, mental and physical parts that operate as a unit and influence each other.
2. Life involves experiencing things and events that threaten us.
3. We adjust to these events by 'armouring' ourselves physically, mentally and emotionally.

This armouring is initiated in childhood during 5 stages of development, each with needs to fulfil. Over time, the repeating patterns of this armouring become your Character Structure. There are 5 primary ways that people will armour, and each of these 5 ways has predictable behaviours and corresponding physical, mental and emotional attributes. In early psychology language they were called Schizoid, Oral, Psychopathic, Masochistic and Rigid - you can see why we adapted it!

On the one hand, 5CS is about how we protect ourselves and the strategies we employ to keep ourselves safe. On the other hand, it is about how that same armouring created a unique you, complete with strong suits and gifts.

Sometimes we assume the things we do are just the way we are. Learning The 5 Character Structures reveals the unseen prison of your personality. It helps you to liberate your gifts, overcome limiting behaviours, and move on from entrenched positions.

For those of you drawn to empirical evidence and research, I can direct you to a big body of material on the model if that is useful. In the meantime, my invitation is to suspend judgment and consider what is useful and useable in this map of personality.

What I know to be true through years of experience, is that The 5 Character Structures provide access to a range of meaningful insights and productive conversations. It changes lives.

With a little knowledge of The 5 Character Structures you can deepen your self-awareness, and unlock the keys to building better relationships with anyone.

For further information please email me.