



NURTURING GROWTH

TRADING

THE ENNEAGRAM FOR MODERN WORKPLACES AND COHESIVE TEAMS

**Transform how your team
communicates, collaborates,
and performs-with emotional
intelligence at the core**

Welcome to Nurturing Growth Trading (NGT)

Founded in 2009, Nurturing Growth Trading (NGT) is a professional coaching company committed to cultivating sustainable growth, leadership excellence, and holistic well-being.

We believe transformation begins with the courage to know yourself.

Our Vision

We are a movement for consciousness, kindness and radical self-acceptance

Our Mission

We nurture, develop and grow leaders for improved workplace effectiveness and personal fulfilment

Our Track Record

With over 16 years of coaching experience, we've guided professionals, teams, and executives across industries to break free from limiting patterns and create sustainable, empowered change.



“Your personality creates your personal reality. To change your reality, you need to change your personality.”

Dr. Joe Dispenza

What is the Enneagram?

The Enneagram is a dynamic, transformational tool that reveals **nine distinct personality** types, each with its own core motivations, fears, desires, and growth paths. Unlike typical personality tests, the Enneagram:

- **Helps you understand why you do what you do**
- **Illuminates your blind spots and hidden patterns and limiting beliefs**
- **Offers a growth path to your highest potential**

Self-awareness is Your team's greatest strength

The Enneagram offers a mirror to uncover blind spots, build trust, and bring out the best in each individual and the team as a collective.

How It Works with Emotional Intelligence

Emotional Intelligence (EQ) is the skill of recognizing, managing, and navigating your emotions and relationships. The Enneagram deepens every area of EQ:

Why the Enneagram works for teams	
Self-awareness	Know your strengths, limitations, triggers and blindspots.
Self-regulation	Respond rather than react.
Social awareness	"Read the room".
Relationship management	Management Build trust & navigate conflict.



Is This for You and Your Team?

If you're ready to...

- **Optimise your team's strengths and performance.**
- **Build inclusive team cultures.**
- **Improve team communication and reduce misunderstandings.**
- **Build better relationships.**
- **Navigate conflict and stress more skillfully.**

...then yes, this is for you.

How we support teams

- Team Enneagram Typing, Assesments & Debriefs.
- Leadership & Team Coaching.
- Custom Team building workshops.
- One-on-one Coaching.

Ready to Begin?

Your new reality awaits. Let's unlock your next level together.

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