

*The purpose of this presentation is to convey information. It is not intended to diagnose, treat, or cure your condition or to be a substitute for advice from your physician or other healthcare Professional.*



## Know Thyself, Know Your Kids

**With Jean Pierre**

**Covid Hope:** I believe that COVID and what's happening in the US right now are a form. Covid is a cry for loving ourselves and stopping being in what I call high burn mode is no surprise that we've given the planet a fever, and now many of us are getting it right fever because we were just moving too fast and burning up resources in our own environment too quickly. And now we've had a chance to see what it looks like when we slow down.

**Doing Well Now:** Like this parenting summit is an example of how we're accessing our technology to reach a lot of people with ease. I think how some people talk about technology in a negative way, but it's like anything else it can be put to good use and it can work or not work. I don't believe in good and bad. I believe there's what works and what doesn't work.

**Action Item:** I would suggest that they look up the Enneagram, do a test for themselves and start realizing that the more they give themselves, the more they'll be able to give their child. I don't believe in sacrifice, I believe in really getting to know yourself.

### Three Points

1. Most of us project ourselves onto our kids to their detriment.
2. Knowing oneself is a lifetime pursuit - that can be fun!
3. If you're willing to laugh at yourself, you will forever be amused.

**Speaker BIO:**

Jean-Pierre's life purpose is to help people through holistic wellness and the development of human potential. He is the co-founder of Saje Natural Wellness, an international chain of wellness stores. As well, Jean-Pierre is the founder of The Alchemy Network - a coaching and training advisory.

---

**Dr. Stacy Thomas:** Hello, and welcome to the Mindful World Parenting Summit. I'm your host, Dr. Stacy, and I'm thrilled to be joined today by Jean Pierre. Jean Pierre life's purpose has been to help people through holistic wellness and the development of human potential. He's the co-founder of Sage natural wellness. One of my favorite places, an international chain of wellness stores, as well as Jean Pierre is the founder of the alchemy network, a coaching and training advisory.

He's here today to connect us with some really ancient wisdom of the importance of knowing thyself so that you can know your kids welcomes Jean Pierre, to the summit.

**Jean Pierre Leblanc:** It's great to be here. Thank you, Dr. Stacy.

**Dr. Stacy Thomas:** We are so thankful for you being here. We were just having this beautiful conversation prior to us starting to record today, and I'm excited to hear more about some of these, this incredible tool that you're bringing to our awareness for deeply knowing ourselves.

So maybe we can just start with the title, know thyself, know your kids. Tell me more about this.

**Jean Pierre Leblanc:** Being a parent, I've discovered the dangers of projecting our own values and our own ways of thinking on our children. and along the way of developing Sage, I discovered, as you say, a very old, psychological system called the Enneagram and as such, I was able to, Not just develop it in a work environment.

We have 1500 people at sage who all know there are Enneagrams, but we have a home where it turns out that, my wife, my daughter, and I are three very distinctively different Enneagrams and yet. All three of us are leaders. So as such, we all want to lead, you can imagine just how small a car is that has only one steering wheel.

And we have three different ways that we would drive. and so it was very clear to me that if I didn't apply this at home, I would not have the relationships that I have with. Kate and Kiarra who actually became immense contributors in the Sage business. We worked together, and Kiarra, being the leader from the gut is one of those people that just walks in a room and she's just naturally in charge. Hey people, here's, what's going to happen. And I'm thinking, when she's two years old, wait a minute, doesn't this kid understand respect. I'm the dad, you know what? She was like an adult when she popped out like a large and in charge of her Enneagram.

And, so it became really clear to me that if I understood her distinctive way of being and how it's distinct from mine, rather than expect her to show up, like I did, I'm at the district generation, we were supposed to have all this reverence to parents, that I get is not part of Kierras life. And it's part of, not part of our Enneagram and as such, I've learned a tremendous amount about the potential of my relationship with her.

Which we can call parenting, how much to influence how much to stay out of her process. the importance of being current with her and not imposing my points of view. So I really like listening. so actually, I'm immensely grateful. For this thing that we call the Enneagram as a parenting tool, that's what it became for me.

Cause that's even more important than what I did for the business of Sage. Cause Kiarra will probably do something even bigger.

**Dr. Stacy Thomas:** So really a tool that helps us really understand. the character, that this person and what strikes me is there's a lot of respect for that. there's not a focus on trying to necessarily mould or change.

But just saying with this,

**Jean Pierre Leblanc:** I have to go discover the gems that are naturally built in. I think that when we try to raise our kids, we tend to be actually bringing outside influences, particularly our own, the ones we had from our parents. And, some of our wise ones would say seven generations back when, in fact there's these natural jewels inside of them that just want to come out and we get in the way.

One of the first things I realized is that there was at least as much for me to learn from her than the other way around. and I was lucky because her enneagram is also a highly intuitive one. So she had what looked like psychic qualities or they're really young age.

And I knew she knew nothing about psychic phenomena. So I like, I just, listen, I just ask questions. I just marveled at what came out of her mouth. And, and the last thing I wanted to do was to like, Tamper anything down because it just wasn't normal. I hadn't seen it before, so I just went, okay, what am I, what can I learn here?

**Dr. Stacy Thomas:** I'm feeling like we have daughters that are miraculous, right? When we open up to just understanding and seeing, because it. We can, many of us feel, are made to believe that our children are extensions of us and the extent to which they turn out okay. Depends on how we molded them. but that seems to be the dominant view.

And this is very different.

**Jean Pierre Leblanc:** Not the case I'm not saying there's not room for putting some, how should I say guard, rails. But let them be large enough that, the full expression of her, shows up. We've actually, Named the Enneagram, the language of appreciation at Sage, as a way of reminding people that, yeah, you can do therapy with it.

but the real gift is the discovery of the goodness in people because whatever you put your attention on grows, we've heard that many times, at Sage, we even say whatever we celebrate grows exponentially. And we've got exponential growth to show and so in Kierra's development, we celebrate it.

What made her, and, and we appreciated it, and as soon as I knew the Enneagram. I knew to go look for that intuitive strength of hers, her ability to make decisions like black and white real quick, it's coming from reading her body. Whereas, I'm reading my heart and my wife is reading her brain.

And those are three types of decision making. They all have value, but for Kierra to try and operate from her mom's or her dad's way of making decisions would be such a loss because. I got a decision leader who can make hundred, 200 decisions a day without breaking a sweat. It's not always right, but they're never in doubt.

And people love to follow someone who's not in doubt. Whereas, I make my decisions with my heart, which means I care a little too much about what other people think and try, it's like trying to please too many people at once. But, it doesn't work.

**Dr. Stacy Thomas:** Yeah, and Kate's operating from analysis and possibilities and she can create more possibilities all the time.

So to pin down a decision, it's hard for her, for Kiarra. Boom, so what we've learned to do is when we're looking at all these possibilities. We'll bring Kiarra a menu of possibilities. She goes "Mom, Dad, that one." Of course and we got that. She's right.

Wow. So you really, this is amazing in terms of just teamwork. If everyone understands each other. And you're not trying to lean on the things that are weaknesses, we just bring together our strengths and appreciate those.

**Jean Pierre Leblanc:** Yup. She was doing that at a really young age. I'm guessing she might've been 12 or 13 when Kate was looking at the possibility of the first diffusers that are gonna be this color and that color. And she had all these choices on her desk kiarra, walked in and said "Mom black and white have black ones have white ones and that'll, and we don't know where that decision came from. Yes, she has this sense of an artistic sense to her, but it was like, it was so obvious when she said it. And it was so useful and it's part of the success of how that line now colors are coming out, but black and white was the way to go. We'd have paged up until that.

We had one page as we thought fitted with everything. So, it applies to family decisions that apply to business. And then, there's this thing about how our personalities actually changed dramatically when we're under stress. So the minute Kiarra is under stress, that gift goes away. And so instead of trying to push what, what happened, where did you go?

It's what's stressing you. Let's help you think that through and the moment you step out of your stress, you come back to being your normal, gifted personality, rather than your struggling, reactive personality. Same with us. So, as a parent the moment I'm stressed. I became a really shitty parent. And so I need to be aware that my personality goes to a different place than Kiarra's.

Each Enneagram goes somewhere different. I become withdrawn and stubborn. My wife does the opposite. She leans right in and wants to dogmatically solve the thing. So knowing that, we can't both be stressed at the same time.

**Dr. Stacy Thomas:** Okay. So, can you tell us a little bit more about this is Enneagram, like it's something that we can talk about without seeing in front of us or can you just give us an overview?

**Jean Pierre Leblanc:** I'll start by saying enneagram, so people can remember it and look it up on Google. There is a lot of stuff, mostly good stuff on it. If we had a chart, it would actually look like a map. It looks like sacred geometry and the map is actually a map of how our personalities work, not how our brains work, but how our personalities work.

And the Enneagram teaches us that our personalities are basically a persona that we created to survive in a world that became dangerous at some point in the synthesis of our personality. So the thinking is that we have some, possibilities in us that at two, three or four years old, all of a sudden something happened, the man we thought was God, dad who was this loving being one day has loses a job or has a car accident comes in and all of a sudden when he grumbles it's like thunder for our little sensitive hearts that are going daddy. Oh my God, what do I need to do for that to never happen again?

So it's like one of the first thoughts we have, it's automatic. We don't have the social or emotional sophistication to deal with daddy grumbling. So we go, Oh, if I can be perfect, the perfect child and do all the right things, this will never happen again. And that begins that pattern. That's the Enneagram one, the perfectionist.

The enneagram two, is the helper giver. Oh, if I was just more connected with dad and if I go massage him or if I bring him cookies and if I'm a really generous child, I'll never have that again. That's the launch of enneagram two. The Enneagram three, which I suspect you might be. And I certainly am, known as the achiever, if I just do a lot of good things.

And if I'm just like, if I'm just like the best child, the best student, the best psychologist, the best businessman, the world will love me. So, it's all a strategy for being loved. So, if i am perfect I'll be loved. If I'm giving I'll be loved. If I achieve a lot I'll be loved. Enneagram four, if I'm unique enough and artistic enough and I do beautiful things, then I'll be loved by the vices. Now we're into the brain types, if I have the answer, so those are your researchers, and they just accumulate immense amounts of information until one day they pop up with something like  $E = MC^2$ . So, Einstein was a five.

The Enneagram six is the intellectual problem-solver. One could argue, Bill Gates was one of those. Enneagram seven is the adventurer and it's if I can just get away from all these problems and just do something interesting in my head, like I'll think of something great, so they're visionary. Enneagram eight is care, and then we're back to gut types.

It's if I'm in charge, I can create safety for others but I need to control things. And so that those are the values. Enneagram nine, the final one is the peacemaker. If I could just mediate and just understand everybody and really be in the background and not push my opinion, but really bring out everybody else.

Then we'll have a safe environment and everybody will be good. So nine different strategies to create a better world that starts very internally. And then usually moves out in certain personalities, particularly the threes, the seven and eight, who are known as the take charge leaders. They're pushing their whole personas out into the world.

Other ones are taking it in and the three in the middle are being the helpers. And so imagine building an organization, either philanthropic or a business and knowing who's who in the zoo, what are their values and what are their strengths? And they'll bring that to parenting. Because frankly, building a business is like a massive parenting job, right?

Kate and I had 15 hundreds kids, but all the while we had one that was extraordinarily pivotal and precious and, and she's going to be the next generation of entrepreneurship in our family. And of course we wanted to build a business that was going to change the world. Kara got to do that from the, she was two years old when we started, so she's got 28 years of direct or indirect experience of building a business.

That's going to change the world. I can't wait to see when she does next.

**Dr. Stacy Thomas:** Incredible so interesting because of the way you described as a psychologist, I would say, and with other teachings, this notion of the ego, the persona, the thing that the structure we create in order to survive our experience and it suggests to me also that there's change that happens over time. That in order to grow, we have to come out of this structure in some way. Is that, does that fit with the way where you're coming from

**Jean Pierre Leblanc:** Perfectly that's exactly what at least I'm teaching with the Enneagram is start by understanding yourself.

So then you can see the map will actually say now here's your most logical places to expand into. So as an Enneagram two, I have a wing in two and a wing in four, the twos that helper giver so I wanted to build a business that was going to help and give to the planet. My other wing is four which is that uniqueness. Drive so I wanted to build a business that like no other business ever done before.

And so I wanted how the business ran to be different than everybody else's and I want it, with the gift it brought to the world, to be different than anybody else's. So you can see how my Enneagram was actually predicting what kind of business I was going to build.

And then as I see that, I know my threeness is my need to achieve. It's not something I need to work on. That's built in, that's my hard wiring, but I can develop my generosity. My two wings. I can develop my artistic uniqueness on my four wing, but then there's also this thing called your arrows. Where do I go into stress?

I go to nine and I become the dark side of the peacemaker, which is withdrawn and stubborn. So I need to catch that. So I don't live there too long cause that's not going to get anything done. There's also an arrow where I go at my best and that's six where I become the problem solver. Who's highly responsible.

And so I can see now that when I'm, I sleep well fed, exercise, connecting with everyone. I go hang out at six and I take responsibility for really big things. Like the medical system, I think it has some really big flaws. I want to change that. So I'm taking responsibility for impacting the world too, using first of all, being one's own health practitioner first and foremost.

So we educate like our business is an education business. We just happen to have a good product. If you want to take something well, we're here to educate you and be super well. And then nature should be your first medicine. So food should be your first medicine, which comes straight out of nature.

hopefully your food is going to come out of nature. and So that responsibility. And then after that I could look at well, you know what I think really serious trees can be known to be so driven. They're serious. I don't have a sense of humor. I'm married to seven. They're a ton of fun. I have learned how to have fun in life by marrying the perfect Enneagram for me.

I would like to say that I knew then she was a seven. I didn't, I just knew that she was a ton of fun and I needed more of that in my life. So lucky me, I married Kate and she's brought so much color in a life that was so driven and a little bit, 20 shades of gray.

**Dr. Stacy Thomas:** Okay okay okay. So many facts, and what I love about it, as well as, that it's very kind of organic.

It is really appreciating that we grow and evolve throughout our lives and that we have wisdom and the people that we attract are. and it's a journey that we're on together and it can be so much respect for each person and yourself like yourself and just it's, there's no judgment in this Enneagram.

It's not good or bad or anything it's just is. And I can have awareness and see my ways and come back and be like, even, maybe have some sense of humor about that and shift ourselves in terms of where would be a better place to hang out.

**Jean Pierre Leblanc:** Yeah. So let's expand on this idea of respecting oneself.

Enneagram certainly allows for that to grow and basically having a falling in love with yourself. I didn't have that until we wave, sadly it was very late in my life. Before that happened and how can I be respectful to my child and fully love my child without sacrifice until I fall in love with myself?

So the Enneagram was hugely powerful because I couldn't fall in love with myself until I understood myself fully. And I had read all sorts of books, I've been studying psychology since 1975 at McGill, where I had a chance to be a student teacher. And so I have been studying psychology, basically the bulk of my life, my full adult life.

And it wasn't until Enneagram that all of these studies fell into place where I could organize my knowledge and my inquiry. In a way that I could discover my strengths first, be aware that my weaknesses were totally optional and then take steps to spend more time in my strengths and ever less time in my weaknesses. So I am probably the same as Garrett.

**Dr. Stacy Thomas:** absolutely. And you know what? This is, I so appreciate this conversation because for myself as a psychologist, I felt compelled. I gave myself a mission when I started my own practice too, because I needed to come out of my shell, to try to change the conversation about mental health.

And this is part of that. It's like, why should we be ashamed to look within. But our culture has set us up in a way with such a lie and a disservice that your emotional life should be something that you're scared of and ashamed for and so people walk around feeling so disconnected.

So I appreciate the understanding, the philosophy of what you're promoting in terms of telling them they don't know yourself, love yourself.

And when we have that experience, it just naturally creates that experience with someone else.

You can not say that

**Jean Pierre Leblanc:** Do you realize you just now put your finger on why my coaching training businesses called the alchemy network? Alchemy is about transforming it originally transforming toxic lead into valuable gold to gold, but on a metaphysical level.

It's about finding those things that society tells us our weaknesses, or what's wrong with us. And discovering that in that is the gift of us. And so it's about transforming all of these things that we think we need to get rid of it. Heaven forbid we get rid of them. If we could get rid of them, which we can't, we'd lose the gift.

So it's about finding the gift in each one of those things that society might tell us as a weakness or a fault.

**Dr. Stacy Thomas:** I love that. I love that so much. Thank you so much. I am. I'm going to be watching this over again, just to have that statement. It's so beautiful. It's so true. So true. tell me, right talking about transformation right now.

We're speaking I think when we first started talking about having you here and started developing the summit, we were responding to this pandemic. And now we're also in a time of great social unrest and a reckoning of so many who have felt, or have experienced so much of, a message you don't belong and you don't fit in.

And yet there's, this is not accessible to you. And then on the other side, they're just like, what's happening, how's this happening? there's so much turmoil. And my response to this is what transformation looks like.

So I'm curious to know from your perspective, I'm in the midst of this paradigm shift, what is your hope for how humanity might evolve through this?

**Jean Pierre Leblanc:** So I'm taking a course in miracles, seeing COVID and that perspective would suggest that everything is either an expression of love or a cry for love. So I'm seeing particularly South of the border, an extraordinary cry for love there is. So COVID is actually intersecting with a need for what burning man suggests, radical inclusion.

That was one of the things that attracted me to go find out what this has looked like, what a cool experiment in the middle of the desert, where radical inclusion is like rule number one. And there's another series that is all about this human experiment of what's possible. And, I believe that COVID and what's happening in the US right now are a form.

Covid is a cry for loving ourselves and stopping being in what I call high burn mode is no surprise that we've given the planet a fever, and now many of us are getting it right fever because we were just moving too fast and burning up resources in our own environment too quickly. And now we've had a chance to see what it looks like when we slow down.

And how many of us have discovered parents and those of us who are teachers going? Whoa, I think I'd rather be zooming the afternoon family in the evening on a plane. and so I now have zoom with my business and life with my family rather than the other way around.

**Dr. Stacy Thomas:** Yeah.

**Jean Pierre Leblanc:** And what a gift that has been and so slowing down was necessary. Covid has given us that, really looking at some of our social systems like policing like prisons. I do a lot of my giving back work in the world of, what can we do with the prison system and bringing the Enneagram to the prison system? There's something of their word looking up called EPP Enneagram prison project.

The results are mind boggling what's going on there and so this is, one more wake up call, a pretty dramatic one where we get to rethink some of the things that some of us might think makes sense to us. Allow someone who's had a terrible upbringing. Speaking of parenting, a complete lack of parenting or negative parenting, they've had a really awful upbringing.

And then of course, they're going to make a mistake and what do we do? We put them in a box and make sure that they have a really awful adult life.

**Dr. Stacy Thomas:** Yeah.

**Jean Pierre Leblanc:** It doesn't make sense. So we have to rethink all of that. And I think this is a call for that. I think we should re-look the policing thing. I don't know, but you, I grew up with punishment never worked for me.

**Dr. Stacy Thomas:** Doesn't work here.

**Jean Pierre Leblanc:** It didn't work for her either. So I'd love to see what's better than punishment and on all levels from parenting to, I see parenting is actually our society these days, it's like part of how our society works and we put someone in a prison, it's no different than when I was a kid.

I was put in the corner. It just didn't work then it's not working now. So I'm actually encouraged being an Alchemist. I know it takes heat to transform something into something. And right now the heat is on. And so what are we going to do with our systems that don't? I've been working really hard in the first year part of my life to change our medical system that I thought needed some real upgrades.

And now I'm looking at social systems that need some upgrades. And is there a role I can play there? And I think the Enneagram just happens to be, being my age. Now I'd like to say something old doesn't work, try something older.

**Dr. Stacy Thomas:** Brilliant. Yes.love, let it be love be the foundation of our system.

It is. Okay. What related to this, maybe you've touched on this a little bit, but what do you believe we're currently doing? that makes you feel hopeful about the future.

**Jean Pierre Leblanc:** All of the things I've just talked about, like this parenting summit is an example of how we're accessing our technology to reach a lot of people with ease.

We're delivering very important things. I used to have to go in. Put my butt in an uncomfortable chair there for a weekend to get what some people are going to be able to just flip on the video, share with friends, send that information. So I think how some people talk about technology in a negative way, but it's like anything else it can be put to good use and it can, it can work or not work. I don't believe in good and bad. I believe there's what works and what doesn't work. And so I like to take what works, and in technology I'm finding we can communicate really great messages and round up some support for the things that we need to change.

And I'm focusing on that right now and I'm helping take this old, psychological system called the Enneagram use technology to bring it to people, whether it's in prisons, whether it's in corporations, which can be prisons by the way, or whether it's in a family setting, that's a next step for me.

I haven't really expanded that, but I want to support more and more parents to have access to the Enneagram, to create a whole new family environment where children are any parent who will tell you I've got four kids. They're all so different.

Yeah, you're right. You got that part. Now, why don't you figure out exactly how they're different so that their strengths can become highlighted, not asked to be the same,

**Dr. Stacy Thomas:** Right? Absolutely. Absolutely. Okay. And, if there was one thing, I think you highlighted this, but one thing that you would like our viewers to action today that you would, you believe would make a significant difference for them and their families. What would that be?

**Jean Pierre Leblanc:** That be early part of their life, and they're still actively, supporting the intellectual and emotional development of their children, I would suggest that they look up the Enneagram, do a test for themselves and start realizing that the more they give themselves, the more they'll be able to give their child.

So I don't believe in sacrifice, I believe in really getting to know yourself. And then you will be in a position to really get your kid and know them and support what's coming through them. Not the other way around if you were at a later part of your life and you're ready to give back, I would suggest you look up EPP, as an Amy Grant prison project online and go, huh, is this something I can contribute to in some way it could be just monetary or it could be, it's one of the most broken parts of our society.

Why not start putting some serious attention there? when we see the statistics of what percentage of people are behind bars it doesn't make sense. Those are the two that I'd like to bring forward for whom this might resonate.

**Dr. Stacy Thomas:** Okay thank you so much for that. I think what you shared with the Enneagram is really an embracing of our humanity at our best, celebrating that and seeing that in places where we've maybe dehumanized others without giving them a second look. And so I appreciate you inviting people to consider what we do and how we deal with people who are struggling and have problems and start to open our hearts more compassionately. And it starts with ourselves. And then we can expand and do that for others.

So what a beautiful gift. Thank you so much for sharing this with us. we will, the Enneagram, you spell it. How do you spell it?

**Jean Pierre Leblanc:** Enneagram which is greek for 9, enneagram can you think of grams in measurement, the measurement of nine aspects of us!

**Dr. Stacy Thomas:** And yeah, fun activity for the family, everyone looks it up and discusses with each other.

So I'm here. This has been so great. Thank you for all you're doing. Thank you for all you've done so far. And for joining us in this conversation and contributing to making this a more mindful world.

**Jean Pierre Leblanc:** The pleasure was mine. Thank you for this interchange. I loved it.

**Dr. Stacy Thomas:** Yeah. Great! Take care.

**Jean Pierre Leblanc:** Bye.