

THE ENNEAGRAM EBOOK

THE GIFTS AND CHALLENGES OF THE NINE TYPES

The Enneagram is a symbol representing nine different personality types. As a system, it describes nine different patterns of thinking, feeling and responding to life.

We all have parts of all the types within us. Consider how much and how little you have of the gifts *and* the challenges of each type.

This is your "quick start" to the Enneagram!



by Andrea Isaacs

THE ENNEAGRAM

A PERSONALITY SYSTEM THAT DESCRIBES NINE DIFFERENT PATTERNS OF THINKING, FEELING AND RESPONDING TO LIFE

It's useful to know your Enneagram type because it confirms and encourages your gifts and strengths. It also points out areas of your personal development as a leader, entrepreneur and as a person.

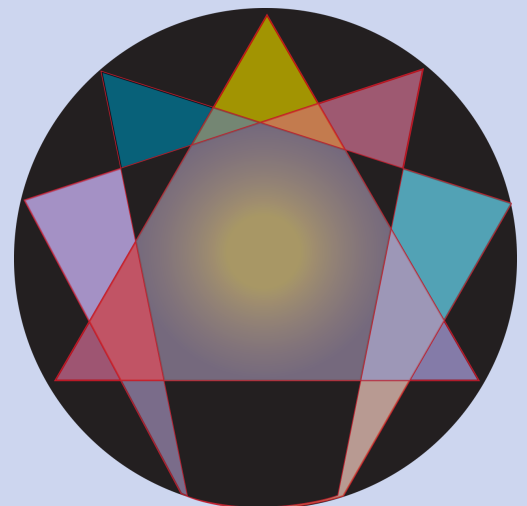
It's helpful to know other people's types because we better understand why they do what they do which helps us deal with potential and real conflict and challenging people in a healthier, more effective way.

The gift of the Enneagram is not just knowing your type. It is possible to embody the best qualities of *all* the types. That makes this the doorway to increasing your emotional intelligence. That means:

- increased well-being
- increased leadership ability
- better team communication and performance
- easier and better decision-making
- less stress
- less turn-over and
- more happiness

It's possible to increase your gifts in *all* areas of the Enneagram, and to diminish your challenges in *all* areas of the Enneagram.

Your Emotional Mastery Blueprint, which you get after taking the EQ Quiz <www.EQQuiz.com>, will point out your gifts and challenges in all areas.



THE ENNEAGRAM

THE GIFTS AND CHALLENGES OF THE NINE TYPES

WHICH DO YOU IDENTIFY WITH MOST?
WHICH DO YOU SEE IN OTHERS?

Body Center Types

The Leader



Naturally self-confident, direct and decisive.
Prone to anger and needing to control.

The Peacemaker

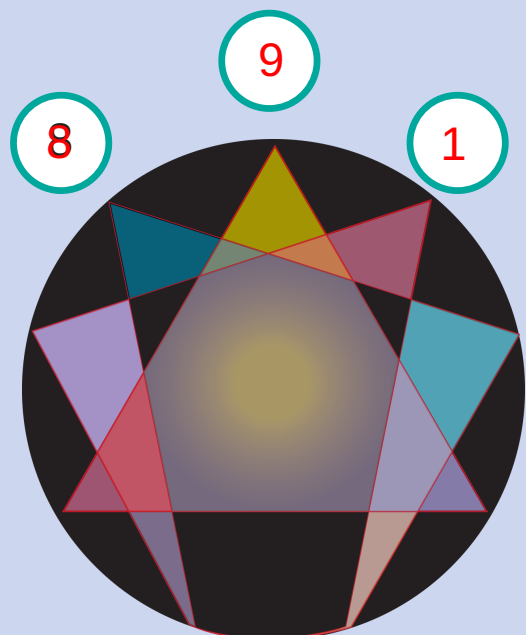


Calm and peaceful, no matter what.
Reluctant to speak up for themselves.

The Perfectionist



An eye for detail, organizing and perfecting.
Prone to judgement and criticism.



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WHICH DO YOU IDENTIFY WITH MOST?
WHICH DO YOU SEE IN OTHERS?

Feeling Center Types

The Helper



Connects easily; aware of others' needs.
Difficult to ask for and receive support.

The Achiever

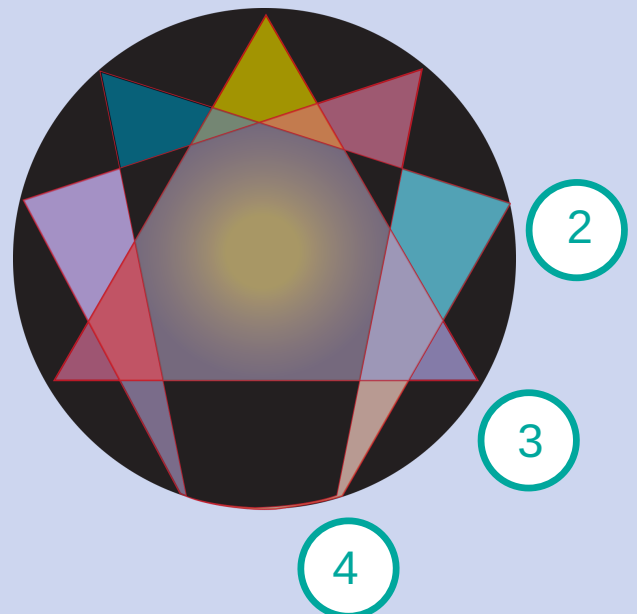


Clear on reaching their goals and dreams.
Afraid that others will slow them down.

The Individualist



Creative & empathetic; emotional breadth & depth.
Can get stuck in darker emotions.



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WHICH DO YOU IDENTIFY WITH MOST?
WHICH DO YOU SEE IN OTHERS?

Thinking Center Types

The Observer



Focused on mastering a body of knowledge.
They can neglect their bodies and other people.

The Loyalist

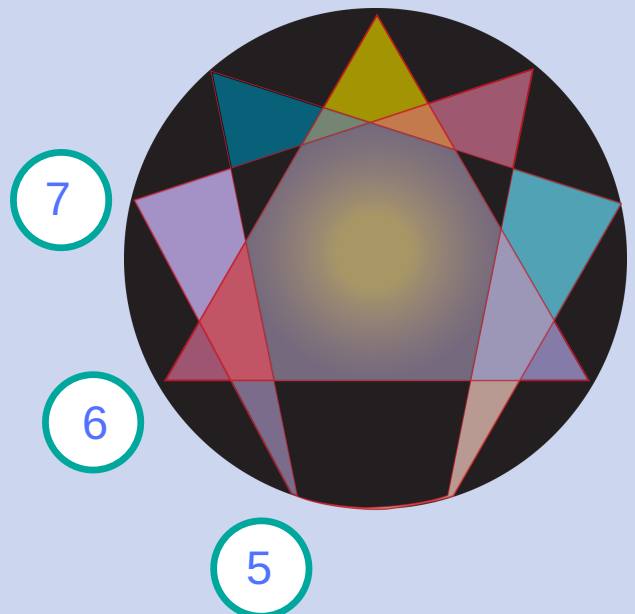


Loyal & trustworthy; they build strong teams.
They forget their inner knowing & lose trust.

The Enthusiast



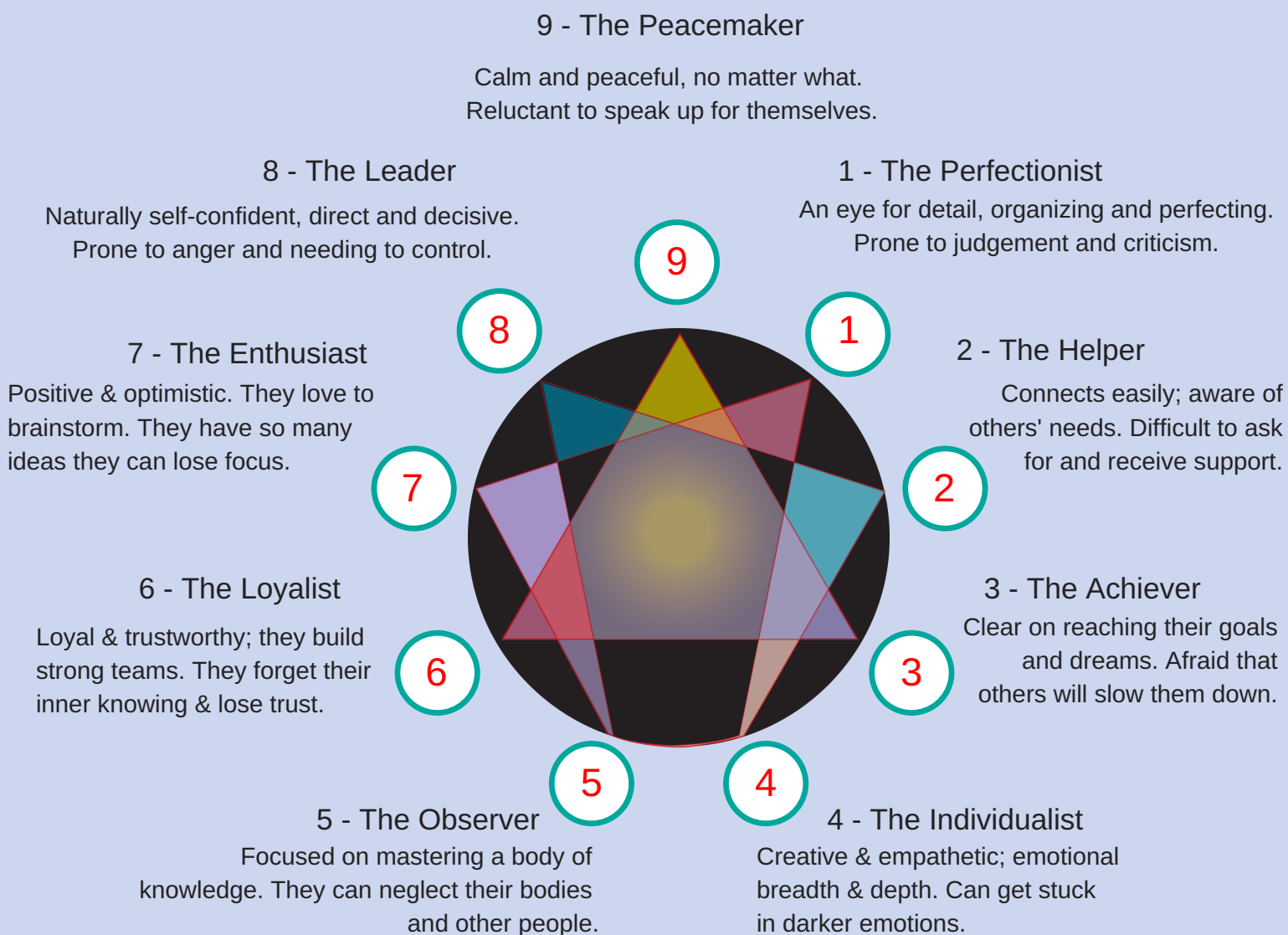
Positive & optimistic. They love to brainstorm.
They have so many ideas they can lose focus.



THE ENNEAGRAM

SUMMARY

It's good advice to "hold your type lightly." When you look at your Emotional Mastery Blueprint (which you get after taking the EQ Quiz), you can see at a glance that you have parts of all nine types within you. ALL of them are useful at different times. Do you have the range, ability and flexibility to move between them? THAT is Emotional Intelligence!



Yes, it's possible to have more of the gifts of all the types, without the challenges! That's what happens in my coaching, seminars, workshops and on- and off-site company retreats.

For more information, contact Andrea@Andrea-Isaacs.com for details!