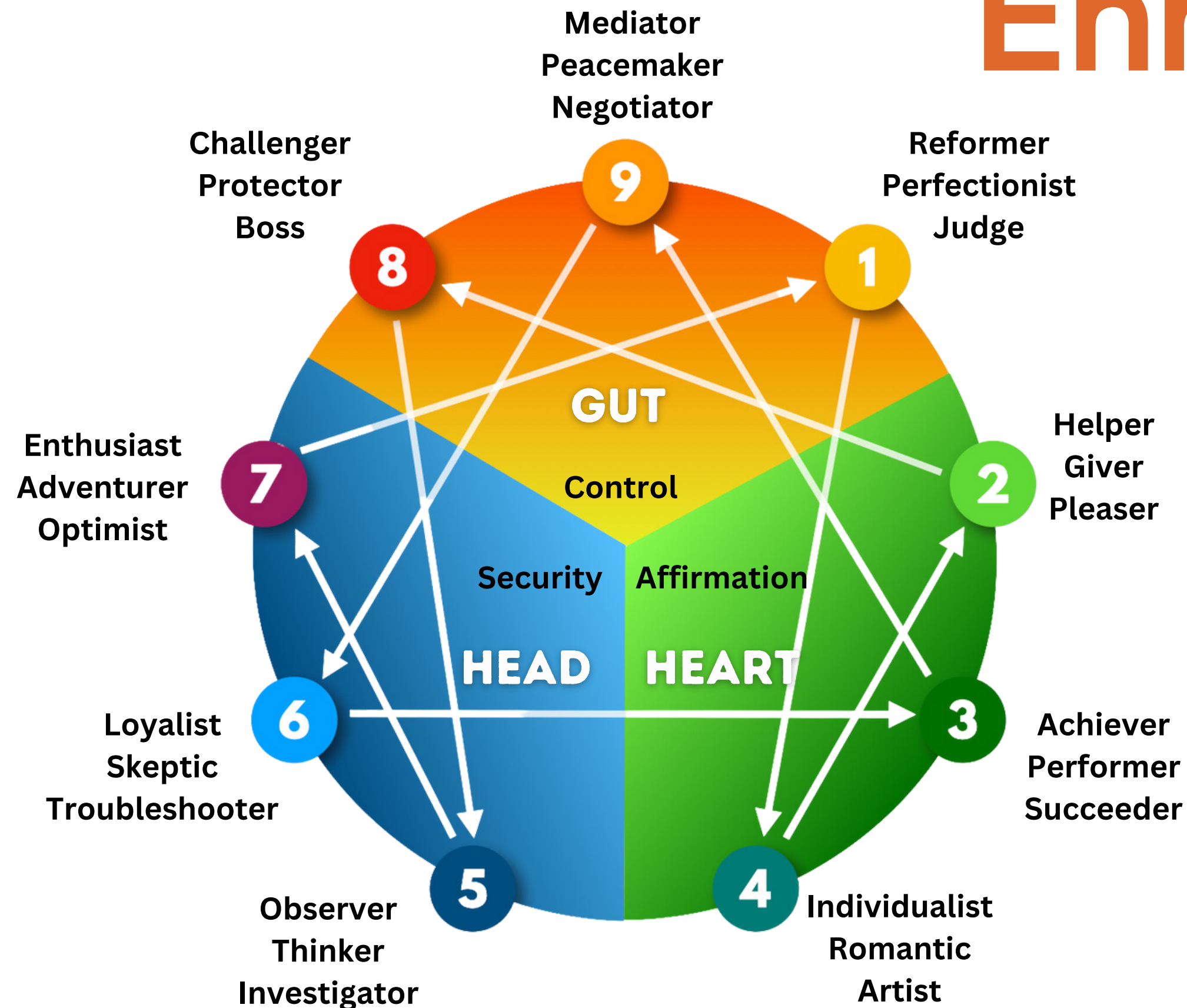


Enneagram at Work

VIRGINIA BANKERS
ASSOCIATION

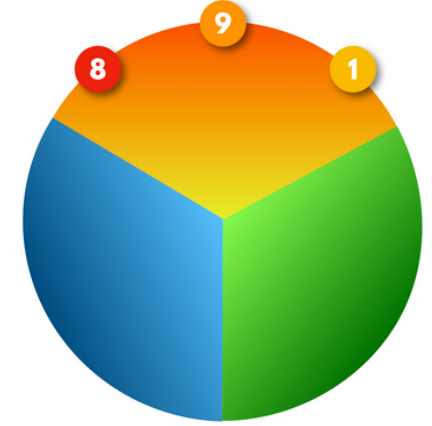


What is the Enneagram?



GUT/INSTINCT TRIAD

WRESTLES WITH: **ANGER**



TYPE 8 CHALLENGER

- Powerful
- Dominating
- Self-Confident
- Decisive
- Willful
- Confrontational
- Lone Wolf
- Wants Respect

TYPE 9 PEACEMAKER

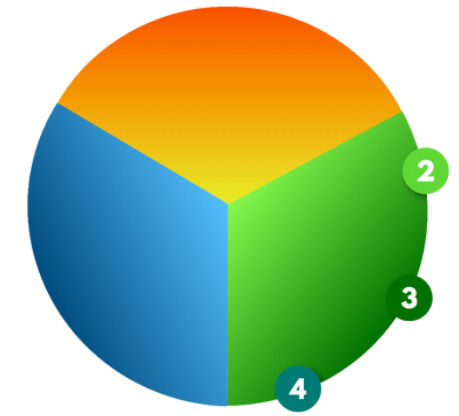
- Easygoing
- Self-Effacing
- Receptive
- Reassuring
- Agreeable
- Complacent
- Merges with others
- Wants Peace

TYPE 1 REFORMER

- Rational
- Idealistic
- Principled
- Purposeful
- Self-Controlled
- Perfectionistic
- Inner Critic
- Wants Integrity

HEART/FEELING TRIAD

WRESTLES WITH: SHAME



TYPE 2 HELPER

- Caring
- Interpersonal
- Demonstrative
- Generous
- People-Pleasing
- Possessive
- Ignores Own Needs
- Wants to Be Needed



TYPE 3 ACHIEVER

- Success-Oriented
- Pragmatic
- Adaptive
- Excelling
- Driven
- Image-Conscious
- Takes Shortcuts
- Wants to Be Loved

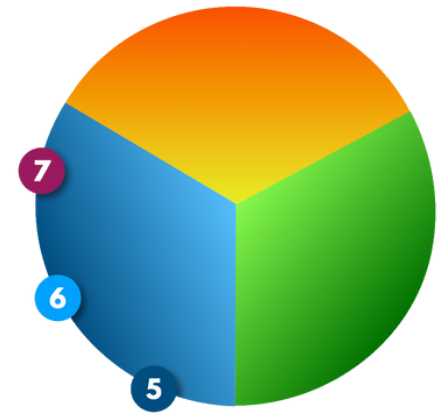


TYPE 4 INDIVIDUALIST

- Sensitive
- Withdrawn
- Expressive
- Dramatic
- Self-Absorbed
- Temperamental
- Play the Victim
- Wants Authenticity

HEAD/THINKING TRIAD

WRESTLES WITH: FEAR



TYPE 5 OBSERVER

- Cerebral
- Perceptive
- Innovative
- Secretive
- Isolated
- Collector
- Scarcity Mentality
- Wants Knowledge



TYPE 6 LOYALIST

- Committed
- Security-Oriented
- Engaging
- Responsible
- Anxious
- Suspicious
- Worst Case Scenario
- Wants Security



TYPE 7 ENTHUSIAST

- Busy
- Fun-Loving
- Spontaneous
- Versatile
- Distractible
- Scattered
- Reframes Everything
- Wants to Avoid Pain

TYPE 1

Type Ones at work are responsible, thorough, and hard-working. They hold themselves and others to high standards. They believe they know how to do things the *right way*.

Work on balancing critical thinking with acceptance and appreciation. Appreciate when “good enough” is more productive than “perfect.”



RELATING

- **Don't take personally** their critical/judgmental attitude.
- **To create rapport**, respect their integrity, and take things seriously.
- **Avoid** making agreements that you may not keep and ignoring traditional good manners.
- **Join them** in seeing how things can be improved.
- **To handle conflict**, ask them to be direct with their anger and get past resentment, admit your mistakes, and speak with conviction and authority. Challenge them to see more than one right way.
- **To support their growth**, help them be less critical and more accepting of their mistakes and imperfections; ask them to mediate their judgment with fairness and forgiveness; remind them to share responsibility with others; encourage them to have fun.

TYPE 2

Type Twos are positive, people-oriented helpers. They're great communicators and consider what's best for the organization. They're attuned to others and know what people feel and need.

Work on developing personal boundaries and discerning when and how much to help others.

Ask yourself, "Is this mine to do?"



RELATING

- **Don't take personally** their tendency to be overly nice or flattering.
- **To create rapport**, step forward to connect. Express appreciation.
- **Try to avoid** hurting feelings by being too critical or not taking them seriously.
- **Join them** in valuing warmth, personal contact, and partnership.
- **To handle conflict**, ask them to take responsibility for getting what they want rather than indirectly blaming others or evoking guilt. Head off hysterical outbursts by bringing out their dissatisfaction or resentment.
- **To support their growth**, help them pay attention to their own needs and feelings and set boundaries with others; encourage them to take time out for themselves; remind them to breathe into their belly and feel their feet on the ground.

TYPE 3

Type Threes love speed and productivity. They're highly motivated and move quickly to accomplish goals. They know how to read a room and who to become to win them over.

Work on slowing down to listen to others, build relationships, and develop long-term strategies rather than quick fixes. Develop self-awareness to avoid the drive to be workaholics and burnout.



RELATING

- **Don't take personally** their competitiveness and need to look successful.
- **To create rapport**, appreciate their work. Match their speed.
- **Try to avoid** getting in the way of their forward momentum or taking too much of their time.
- **Join them in** being active, getting results, and earning recognition.
- **To handle conflict**, allow for aggressive exchanges while staying on track with goals. Remind them that successful results can come with many different styles and that people are important. Challenge their rhetoric or propaganda while allowing them to save face.
- **To support their growth**, help them look inside and connect to who they really are; support them in having feelings, especially about their failures; encourage them to slow down and pay attention to their health. Value them for who they are, not only for what they accomplish.

TYPE 4

Type Fours don't have emotions; they are emotions. Authenticity, meaning, and aesthetics are paramount. Excellence is important, and Fours want a personal connection to their work and colleagues.

Work on tolerating mundane tasks, regulating emotional reactions, and not taking things personally.



RELATING

- **Don't take personally** their disappointment, moodiness, or critical attitude.
- **To create rapport**, appreciate their emotional sensitivity and creativity.
- **Try to avoid** insisting on being rational, unemotional, or conformist.
- **Join them** in valuing style, individualism, and excellence.
- **To handle conflict**, challenge them to avoid wounded withdrawal on the one hand and angry outbursts on the other. Stay in the middle ground. When they're upset, don't take what they say too literally since it may be a momentary feeling.
- **To support their growth**, encourage achieving emotional balance and staying on track. Allow them to express their feelings safely and directly rather than getting caught in chronic negative attitudes or depression. Help them resist internalizing blame. Remind them the emotions are not facts.

TYPE 5

Type Fives are always thinking and strategizing. Information provides security, and they become the expert in tasks and topics. Fives have limited energy and desire privacy and autonomy.

Work on challenging yourself to make time for others, communicate warmth, and develop other personal attributes besides mental intelligence.

Embrace an abundance mentality.



RELATING

- **Don't take personally** when they withdraw physically or emotionally.
- **To create rapport**, approach them slowly and thoughtfully. Allow them time to think things over and prepare.
- **Try to avoid** pressuring them for immediate contact or fast decisions.
- **Join them** in talking about ideas in depth.
- **To handle conflict**, don't assume what's going on with them. Ask them for direct communication. Agree to disagree. Emphasize the importance of relationships. Watch out for control by withdrawal. Challenge them to be more warm and generous. Give them lots of information.
- **To support their growth**, encourage connecting with their bodies and accessing their instinctual energy. Make it safe for them to share themselves, especially their feelings. Remind them to let others know that they care and that they will return to the relationship or project after a break. Help them deal with feelings of emptiness.

TYPE 6

Type Sixes focus on determining what's happening around them to create security and structure. Sixes are loyal to people and organizations. They're dependable and excel at anticipating problems and future hazards and designing solutions.

Work on managing your fears and suspicion so you don't demotivate the team. Trust you have what it takes to handle a crisis.



RELATING

- **Don't take personally** their suspicious attitude or negative outlook.
- **To create rapport**, appreciate their attention to problems, and agree on rules and procedures.
- **Try to avoid** changing the rules abruptly or withholding important information.
- **Join them** in acknowledging what can go wrong before moving ahead.
- **To handle conflict**, put your cards on the table as much as possible. Don't be ambiguous. Challenge them to take responsibility for their reactions instead of coming up with external reasons. Refuse to take on their projections. Assume that they'll act antagonistic when they feel threatened.
- **To support their growth**, help them pay attention to their own needs and feelings and set boundaries with others; encourage them to take time out for themselves; remind them to breathe into their bellies and feel their feet on the ground.

TYPE 7

Type Sevens are the ultimate optimist! They are quick-thinking, adaptable, and have a positive outlook. Sevens see a silver lining and opportunity everywhere. They enjoy multiple interests and options.

Work on recognizing your limitations and acknowledging when problems arise instead of reframing them. Be present to the task in front of you.



RELATING

- **Don't take personally** their short attention span or their cheery self-absorption.
- **To create rapport**, appreciate their stories and positive ideas.
- **Try to avoid** being too negative or interrupting the flow.
- **Join them** in valuing warmth, personal contact, and partnership.
- **To handle conflict**, challenge them to take responsibility for their actions while staying as positive as possible. Get them to stop talking and listen. Let them know what is needed from them. Repeat often.
- **To support their growth**, encourage their sobriety. Help them to get more "down and in." Support them in staying grounded and balancing their good ideas with common sense. Stress the importance of feedback. Be there when they begin to feel their pain.

TYPE 8

Type Eights naturally take charge of their environment, especially in the absence of leadership. They know how to get things done. They are good leaders and defend causes and people they care about.

Work on moderating your energy, and consider not everything needs to be a conflict. Trust that not everyone will let you down.

Let go of being a “lone wolf.”



RELATING

- **Don't take personally** their blunt or aggressive attitude and style.
- **To create rapport**, be direct, and don't use flattery.
- **Try to avoid** controlling them without their agreement, making them sit still too long, or being disrespectful.
- **Join them** in getting things moving in work or play.
- **To handle conflict**, match their energy and confront directly (in your own style). Accept their angry energy while challenging them not to go off the deep end. Be firm about destructive or threatening behaviors and empathetic to underlying hurt feelings.
- **To support their growth**: Support them in using their energy in constructive ways. Confront them on unconscious aggression or their use of anger as a comfortable habit. Help them get in touch with their vulnerability. Assume that they need love and care even when they don't show it.

TYPE 9

Type Nines bring balance and moderation to work and relationships. They're gifted at moderating conflict by seeing multiple sides of issues and building cooperation and harmony between people.

Work at staying focused on priorities and avoid distractions. Express your opinions, even if it's uncomfortable or may cause conflict. Remember, conflict can lead to greater understanding and strength.



RELATING

- **Don't take personally** their tendency to space out or forget things.
- **To create rapport**, slow down, listen, and "hang out." Stay peaceful.
- **Try to avoid** coming on too strong and being impatient.
- **Join them in** setting the context and looking at the big picture. Share physical activities like walking, exercising, cooking, eating, etc.
- **To handle conflict**, remember fairness is a crucial issue. They're more likely to withdraw or become passive/aggressive, with occasional eruptions, since they avoid conflict and anger. Find out what's happening inside and tell them you won't abandon them. When and if they do blow up, help them set boundaries on their rage.
- **To support their growth**, encourage expressing their opinions. Help them create structures and schedules to stay on track with priorities. Ask for their cooperation rather than pushing them around. Challenge their need to be comfortable, and help them take risks. Be accepting but persistent.

Where's The Rub?

Identify Potential Issues
Between Types



TYPE 4

INDIVIDUALIST

Emotional • Moody
Creative • Authenticity

TYPE 7

ENTHUSIAST

Optimist • Busy
Scattered • Spontaneous



Where's The Rub?

Identify Potential Issues
Between Types



TYPE 1

REFORMER

Perfectionistic • Idealistic
Principled • Rule Follower

TYPE 3

ACHIEVER

Goal Oriented • Driven
Image Driven • Shortcuts



Where's The Rub?

Identify Potential Issues
Between Types



TYPE 8

CHALLENGER

Decisive • Direct
Confrontational

TYPE 9

PEACEMAKER

Easygoing • Agreeable
Distracted
Passive Aggressive



Enneagram Resources

WEBSITES

enneagraminstitute.com

integrative9.com

theenneagramatwork.com

enneagramworldwide.com



BOOKS

The Road Back to You,
Stabile & Cron

The Wisdom of the Enneagram,
Riso & Hudson

The Complete Enneagram,
Beatrice Chestnut

The Enneagram in Love & Work,
Palmer

PODCASTS

Typology Podcast,
Ian Cron

The Enneagram Journey,
Suzanne Stabile

Enneagram 2.0,
Beatrice Chestnut

