

## AN INTRODUCTION TO THE ENNEAGRAM

The Enneagram is a powerful and dynamic personality typing system that can provide valuable insight and understanding of ourselves and others. It is based on the idea that there are nine basic personality types, each with its patterns of thinking, feeling, and behaving. The Enneagram can be a powerful tool for personal growth, self-awareness, and understanding relationships, helping individuals identify their patterns of behaviour, thought, and emotion, and leading to personal growth and transformation.

The nine Enneagram types are: Type One, the Perfectionist; Type Two, the Helper; Type Three, the Achiever; Type Four, the Individualist; Type Five, the Investigator; Type Six, the Loyalist; Type Seven, the Enthusiast; Type Eight, the Challenger; and Type Nine, the Peacemaker. These names are descriptors of each type's attributes, and different Enneagram teachers may utilize different names to describe each type. Each type has unique strengths and weaknesses, and understanding these can help individuals navigate their interactions and relationships more effectively.

In addition to the nine basic types, individuals also have "wings," which are the adjacent types to their basic type. Wings can influence and modify a person's core type, adding further depth to the Enneagram system. Furthermore, the Enneagram incorporates the concept of arrows, which describes how individuals may shift to certain traits of another type when under stress or growth. Understanding wings and arrows can provide a more comprehensive understanding of an individual's personality dynamics.

Stances in the Enneagram refer to our habitual way of relating to the world and others. There are three stances: withdrawing, asserting, and accommodating. Each Enneagram type falls into one of these stances, which impacts how they engage with others and the world around them. Understanding stances can provide insight into an individual's behaviour patterns and interpersonal dynamics.

From a faith-based perspective, the Enneagram can be a valuable tool for spiritual growth and self-discovery. It can help individuals identify their unique gifts and challenges, leading to a deeper

understanding of themselves and their relationship with God. By recognizing our patterns and tendencies, the Enneagram can help individuals cultivate virtues and address areas needing growth from a spiritual perspective. Many find the Enneagram to be a supportive tool for their faith journey, providing a framework for self-reflection and personal development.

The picture below captures the concept of the Enneagram:



*"Speaking by the Numbers: Enneagram Wisdom for Teachers, Pastors, and Communicators" by Sean Palmer, Suzanne Stabile.*

As we begin our coaching sessions, we will explore extensively how to apply these concepts.