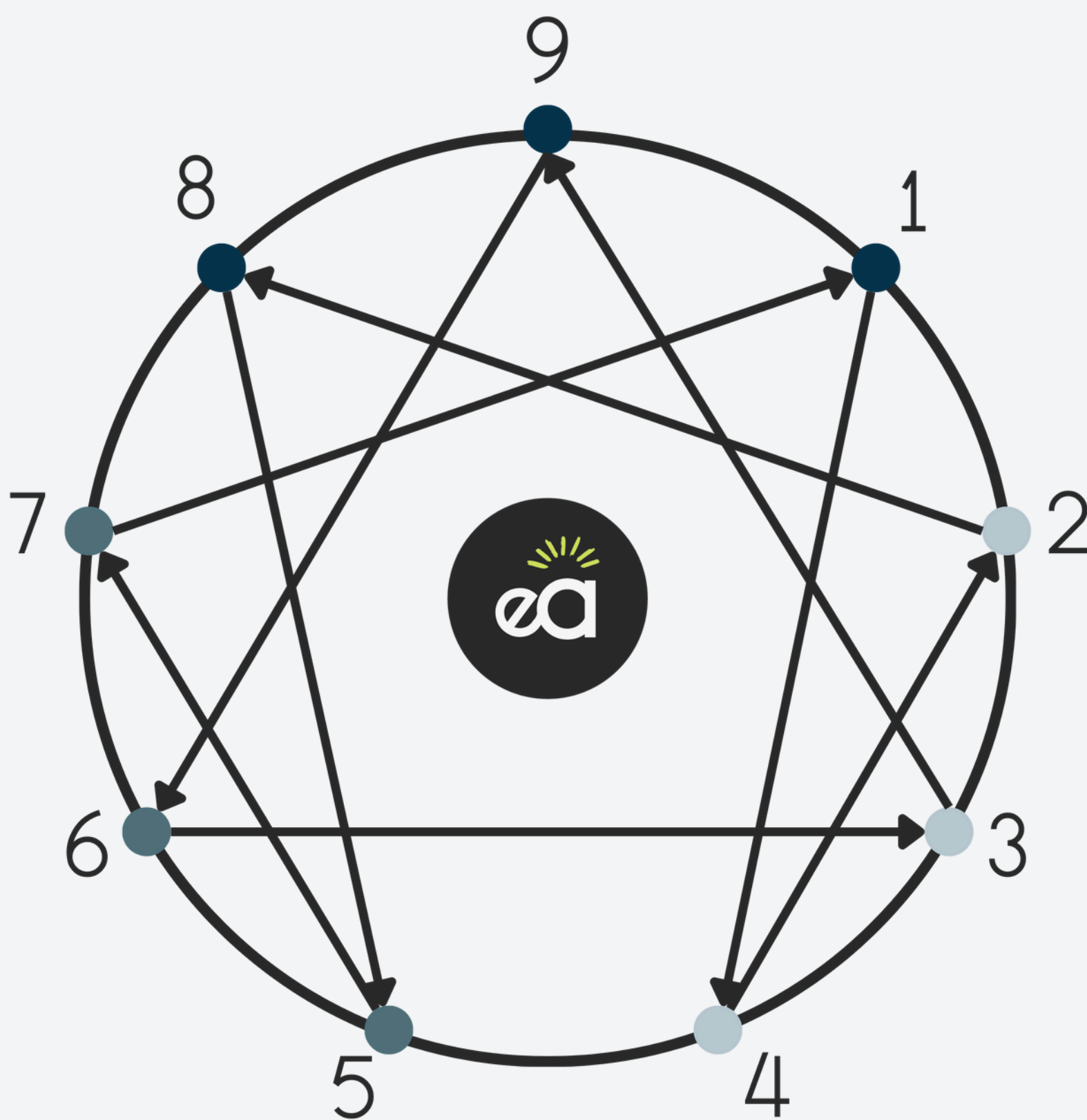


# Enneagram 101



Collective Action:  
Together We Can Do More

@enneagram\_aware

# Johari Window

## Open Self

Information about yourself that  
**YOU AND OTHERS**  
both know and confirm.

Main area of **COMMUNICATION**  
and **SELF-AWARENESS**.

As this area grows,  
so does the **EFFECTIVENESS**  
of all relationships.



## Unseen Self

Information about yourself  
that you don't know but  
**OTHERS KNOW ABOUT YOU.**

Others may interpret you  
differently than you expect.



## Hidden Self

Information **YOU KNOW**  
**ABOUT YOURSELF**  
but don't share with others.

This can include feelings,  
past experiences, fears and  
other information that feels  
too vulnerable to share.



## Unknown Self

Information about yourself that  
neither you or others know.



# Centres of Intelligence

We have all three. We need all three.  
Which one do you use more?

## BODY

You might lead with BODY intelligence if:

- You just “know” what needs to be done next.
- You find it easy to engage with your five senses, you see, hear, taste, smell and touch the world.

## HEART

You might lead with HEART intelligence if:

- Your emotions or the emotions of others help you make decisions.
- You find yourself considering how things appear or how your actions will affect your connections.

## MIND

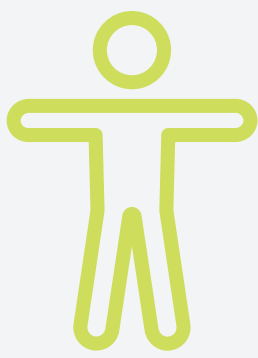
You might lead with MIND intelligence if:

- You use knowledge or reasoning to help you make decisions.
- You find yourself considering outcomes and security in a lot of situations.

# BODY TYPES

8 - 9 - 1

## Body Types:



- Lead with gut and five senses
- Concerned with justice and getting to action
- Seeking autonomy

## Dominant Emotion: Anger



- 8 - Displays Anger
- 9 - Falls Asleep to Anger
- 1 - Controls Anger



# 8

# POWER

Self-Confident, Decisive, Willful,  
Confrontational, Direct, Energetic, Supportive,  
Assertive, Charismatic



Central Focus:

I focus on alleviating harm or control of myself and others.



Important Values:

I value trust, independence and honesty.



Danger Zone:

Excessive Behaviours - the need for more projects, causes, control.



Antidote:

Innocence - leading with curiosity and open exploration.



# PEACE

Easygoing, Receptive, Reassuring, Agreeable,  
Complacent, Comfort-seeker, Warm, Friendly,  
Understanding



Central Focus:

I focus on feeling and staying calm.



Important Values:

I value acceptance, understanding,  
getting along.



Danger Zone:

Distracting Behaviours - the need to avoid  
anything uncomfortable.



Antidote:

Right Action - focusing on one important  
step forward.



# PERFECTION

Principled, Purposeful, Self-Controlled,  
Rational, Idealist, Rigid, Conscientious,  
Disciplined, Reliable



Central Focus:

I focus on avoiding being incorrect.



Important Values:

I value follow-through, high standards,  
consistency.



Danger Zone:

Perfectionist Behaviours - the need for  
ceaseless improvement.



Antidote:

Serenity - focusing on being realistic  
about what can/can't be improved.

# HEART TYPES

2 - 3 - 4

## Heart Types:



- Lead with their emotions
- Seeking and evaluating connections
- Image and identity-aware

## Dominant Emotion: Sadness



- 2 - Represses Sadness
- 3 - Denies Sadness
- 4 - Embodies Sadness





## 2 PLEASING

Caring, Interpersonal, Generous,  
Demonstrative, People-Pleasing, Possessive,  
Empathetic, Supportive, Emotional



### Central Focus:

I focus on helping people feel valued and loved.



### Important Values:

I value kindness, connection, acknowledgement.



### Danger Zone:

People-Pleasing Behaviours - the need to express excessive help/kindness.



### Antidote:

Humility - focusing on the acceptance of own wants/needs.



# 3 PERFORMANCE

Success-Oriented, Adaptable, Excelling, Driven,  
Image-Conscious, Self-Assured, Charming,  
Competitive, Hardworking



## Central Focus:

I focus on producing things of value for others.



## Important Values:

I value attentiveness, efficiency, encouragement.



## Danger Zone:

Adapting Behaviours - the need to adjust how things appear to feel successful.



## Antidote:

Honesty - focusing on an unfiltered view of the situation.

# 4 PROFUNDITY

Introspective, Expressive, Dramatic,  
Sensitive, Emotionally Honest, Creative,  
Personal, Passionate, Individual



## Central Focus:

I focus on the unique importance of myself and others.



## Important Values:

I value authenticity, personal expression, emotional intelligence.



## Danger Zone:

Discontented Behaviours - the need to feel dissatisfied and unhappy.



## Antidote:

Equanimity - focusing on finding balance in inner and outer worlds.

# MIND TYPES

5 - 6 - 7

## Mind Types:



- Lead with thinking and reasoning
- Concerned with strategies
- Seeking security and certainty

## Dominant Emotion: Fear



- 5 - Isolates from Fear
- 6 - Internalizes Fear
- 7 - Avoids Fear



# 5 PRIVACY

Intense, Cerebral, Perceptive, Innovative,  
Secretive, Isolated, Insightful, Alert, Complex



## Central Focus:

I focus on being useful, capable and competent.



## Important Values:

I value competency, logic, boundaries.



## Danger Zone:

Restrictive Behaviours - the need reduce use of time, space and things.



## Antidote:

Non-Attachment - trusting in the give and take of life.



# PRECAUTION

Committed, Security-Oriented, Engaging,  
Responsible, Anxious, Suspicious,  
Hard-working, Reliable, Trustworthy



## Central Focus:

I focus on following guidelines and providing support for others.



## Important Values:

I value certainty, clarity, teamwork.



## Danger Zone:

Overprotective Behaviours - the need for excessive security and certainty.



## Antidote:

Confidence - taking steps forward with courage despite uncertainty.



# 7 PLEASURE

Busy, Spontaneous, Scattered, Extroverted,  
Optimistic, Playful, High-Spirited,  
Over-Extended, Enthusiastic



Central Focus:

I focus on opportunity and possibility.



Important Values:

I value support, freedom, positivity.



Danger Zone:

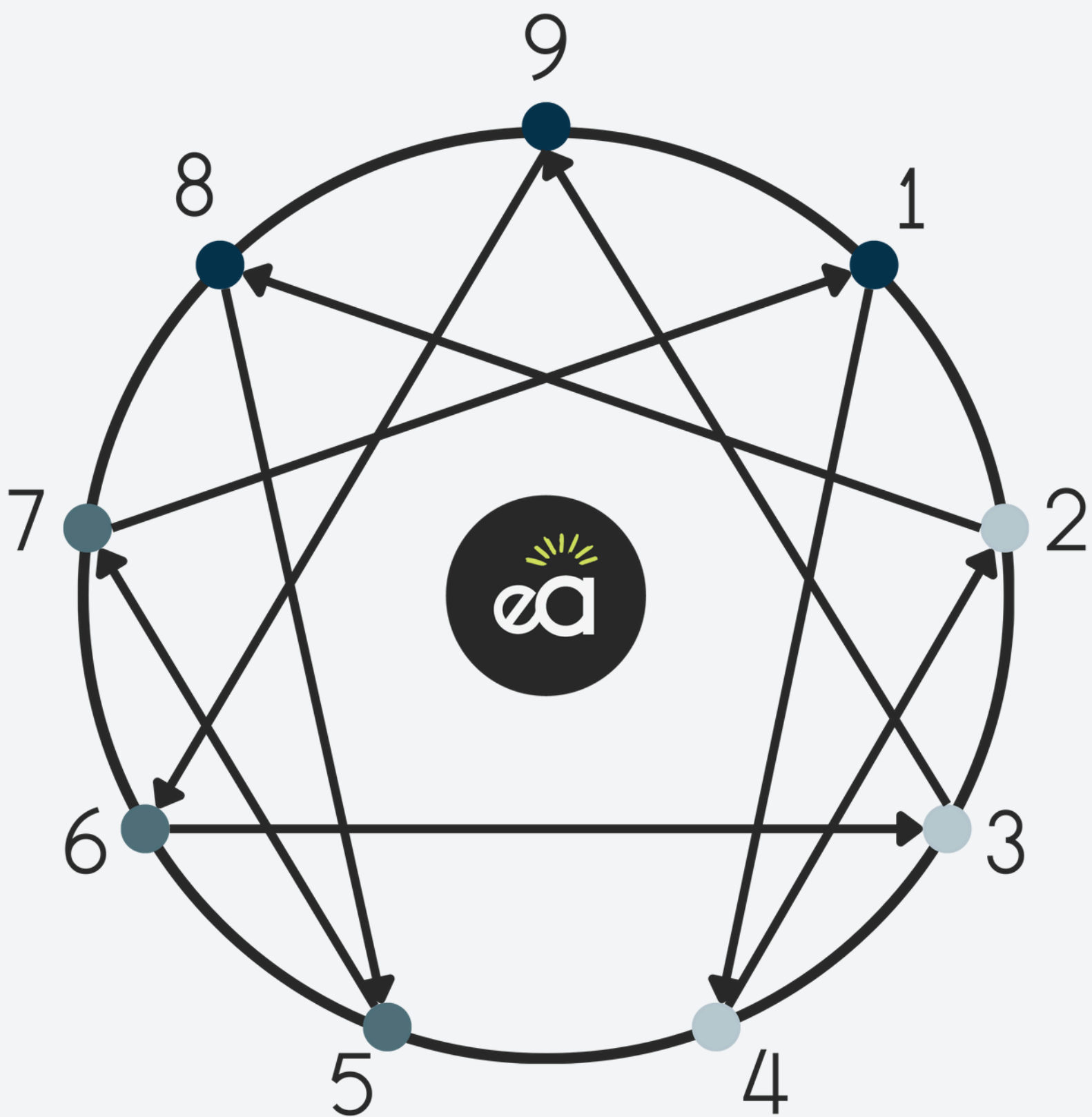
Indulgent Behaviours - the need for pleasurable experiences over everything.



Antidote:

Presence - finding pleasure in simple moments in life.

# Wings and Arrows



Use the numbers around  
the circle to stretch and grow.



We are better together!  
Please take a moment to let us know  
what you thought about this session and  
the digital resources here:

[Tell Us Your Thoughts](#)

# Feedback Coaching

Unlock deeper self-awareness through  
the wisdom of the Enneagram. Book a  
[one-on-one coaching session](#) to  
explore your type, growth paths, and  
personal development journey.

@enneagram\_aware