



Enneagram Coaches | Strengths and Development Areas

BODY CENTER

8 Eight

Strengths

Clear and strong, honest, able to identify key issues, organizational and political savvy

Development Areas

Overly direct and directive, impatient, overconfident or invincible

9 Nine

Strengths

Approachable, nonjudgmental, calm and relaxed, accepting of multiple perspectives, excellent listening skills

Development Areas

Slow interpersonal pace, indirect, reluctant to give opinions, slow to act

1 One

Strengths

Clear, responsible, discerning, practical, committed to lifelong self-improvement

Development Areas

Critical and judgmental, impatient, overly directive

HEART CENTER

2 Two

Strengths

Empathic listeners, psychologically savvy, available, offer useful advice and resources

Development Areas

Over-involved, too relationship focused, create dependency, hesitant to offer negative feedback

3 Three

Strengths

Pragmatic, results oriented, organizational savvy, strong interpersonal skills, confident

Development Areas

Inattentive to feelings, frustrated with clients who don't "get it" quickly, unwilling to share more of real self

4 Four

Strengths

Able to understand meaning, empathic, compassionate, patient dealing with difficult issues, have novel perceptions

Development Areas

Over-emphasize feelings, over-use personal stories, over-personalize issues

MENTAL CENTER

5 Five

Strengths

Objective, calm, analytical, think systematically

Development Areas

Appear remote, detached or unavailable, overemphasize tasks over emotions

6 Six

Strengths

Insightful, truthful, dependable, anticipate and plan thoroughly

Development Areas

Appear contagiously anxious, convey a more negative than positive attitude, plan excessively

7 Seven

Strengths

Enthusiastic, creative, interested in others, optimistic

Development Areas

Unfocused, inattentive, talk more than listen, offer too many ideas or suggestions