



ENNEAGRAM STRENGTHS

E-BOOKLET

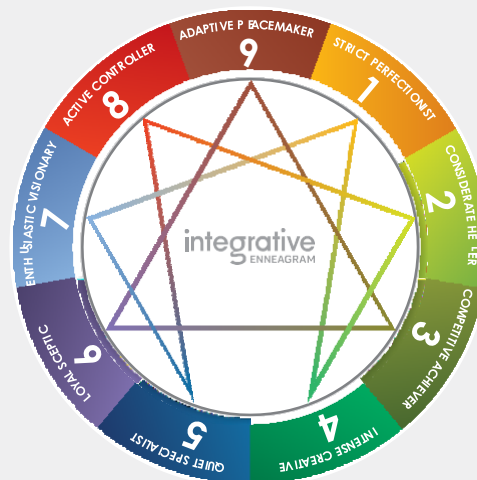
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ENNEAGRAM



STRENGTHS



DISCOVER AND EXPLORE INDIVIDUAL STRENGTHS THROUGH THE ENNEAGRAM

The Integrative Enneagram is a strengths-based framework and an invitation to a journey of discovery into the inner workings of your personality type. The Integrative Enneagram can help you discover the strengths attributed to your type, navigate your own development and assist others to tap into their innate gifts as well!

Each Enneagram type has natural strengths which arise from its internal worldview or perspective. By discovering and exploring your type, you can develop your understanding and let go of habitual patterns of behaviour that sub-consciously drive and motivate you to act in certain ways, opening you up to your own ***inherent strengths and gifts.***

ENNEAGRAM



STRENGTHS

WHAT ARE YOUR STRENGTHS?

What is the key to jump-starting your development? Where should the focus for optimal success begin? One of the most important factors is to build on who you already are. Research suggests that when people ‘play to their strengths’, they are likely to perform better and feel far more energised than when they focus on their weaknesses.

We know that when it comes to self-discovery and development, people by default spend more of their time and effort focusing on and trying to address their deficiencies or weaknesses. However, studies show that focusing on weaknesses lowers your levels of enthusiasm and resourcefulness, resulting in a self-critical view that can have a negative effect on how you approach development.

BUILDING ON YOUR STRENGTHS

No development journey should ignore weaknesses. However, a holistic approach that uses strengths to promote a positive growth mind-set will increase your energy and resourcefulness as you develop those weaker areas.

The Integrative Enneagram does not try to turn you into someone else, but rather aims to help you to bring out the best of who you are. This approach to personal growth begins with deeper, more complete self-awareness as a first step to working out how best to use your strengths to yield the results you seek.

In the next pages, we share the key gifts and strengths of each of the nine Enneagram Types. If you already know your Enneagram Type, we invite you to read and reflect on the insights into your gifts. If you have not yet discovered your type, we invite you to do so and open a pathway to self-discovery and greater personal awareness – one of the greatest gifts you will ever give yourself!

OUR INTELLIGENT
AND DYNAMIC
QUESTIONNAIRE
IS THE MOST
ACCURATE, RELIABLE
AND COMPREHENSIVE
ENNEAGRAM
ASSESSMENT
AVAILABLE

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1

STRICT PERFECTIONIST



“The world is imperfect and I work towards improving it.”

ENNEAGRAM 1 STRENGTHS

STRICT

Strictness is a remarkable quality to have. To us, “strict” means to hold true to what is morally right and good. We stick with tasks no matter how hard they are. When we make a commitment, we will follow through on it, and we will do it the right way.

PERFECTIONIST

Our drive for goodness makes us work with burning resolve for things to be perfect. This could mean excellence in our homes or it could show up in the way we master our skills at work. If an element in our world is off-kilter, we will straighten it out.

IDEALISTIC

We can envision the ideal version of the world and ourselves. This ability to hold perfection in mind illuminates what is and what could be which inspires us to reach for a better future for ourselves and others. We appreciate seeing people care for each other and the environment. Witnessing moments where people live up to expectations and achieve greatness is what we are all about.

ORGANIZED

Everything has its place. We have a gift for making order out of chaos and classifying items in a way that demonstrates poise and professionalism.

DETAIL

Projects, plans and visions are incomplete without the small details. We won't forget or neglect the finer points while executing a task. Spotting the tiny smudge on your white shirt comes naturally to us, too.

HONESTY

The truth is central to the way we do things. Betterment of self and the world is at the core of our purpose in life. So, if you want an honest opinion, you can ask us.

QUALITY

Personal and professional projects get our unwavering attention and time. We are happy to give hours of devotion to a mission in order to deliver the highest quality. We will only be able to relax if everything is complete and polished. Creating something that will last, be more valued and make people feel good is our reward.

2

CONSIDERATE HELPER



“I deserve love because I am loving.”

ENNEAGRAM 2 STRENGTHS

EMPATHIC

Sensing the feelings and attitudes of the people around us is our super-power. When people are going through a tough time, empathy comes naturally to us and we are characteristically gifted with the ability to step in and support.

HELPER

You don't even need to ask us, we are there for you. We have tools, passion and enthusiasm to help you in the best possible way. We are guided by an intuition of how to act for the greater good; so, you can count on us to cooperate effectively in groups.

LOVE

Our hearts are very big and have the capacity for deep compassion. We value love and believe in its power to bond and connect people. We are fuelled by love and it is important to us that we make you feel nurtured and seen in a world that can be harsh and lonely.

APPRECIATIVE

We notice your talents and efforts and we enjoy tailoring compliments and shows of appreciation that will ensure you feel valued for who you are.

COMMUNICATION

If you need to chat with someone about your life, your experiences, and your struggles we will ensure you feel welcome. We also listen carefully to what you say and what you might need from us. With careful communication, we are clear with expectations and we aren't easily disappointed.

KINDNESS

The power of kindness is often underestimated. We are active in our kindness and will fight to protect people, children, animals and the Earth.

SOCIAL INTELLIGENCE

We have a knack when it comes to forming rewarding relationships with people. We pick up on social cues and respond in a friendly, positive way. We know what is needed from us even before you tell us.

3

COMPETITIVE ACHIEVER



“To earn my place, I must be the best at what I do.”

ENNEAGRAM 3 STRENGTHS

COMPETITIVE

You won't see us resting on our laurels. There is no luck; if you want to win then you must be effective to get there. We want to be a beacon of light and aspiration. We even compete against ourselves to see if we can be better than who we were yesterday.

ACHIEVER

Whatever we put our minds to, we will achieve. We like to win and will work hard, train hard and strategize hard to plot a path to the winning podium.

SMART

We work smart so that we can take the shortest route to reach our goals. Not only do we operate smartly, but we look good while we do it. We enjoy owning the look of a professional in the world.

PLANNING

The best approach to reaching a goal is to slice it into actionable, smaller steps. We are excellent at putting an achievable plan together.

FINISHER

We like to get things done and will adopt all the resources available to make this happen. You can count on us to close.

PERSUASIVE

Not every approach works for everyone. We are adept at changing our approach or offering to modify a situation so we can get your buy in. Maybe you need a softer approach or a more direct one? We are great at noticing your response and adapting our style to convince you.

LASER FOCUS

We can multitask, but to meet an important deadline we know how to direct all our focus and energy into actions that move us toward our goal, and no distractions will get in our way.

4

INTENSE CREATIVE



“I create beauty and meaning for myself and for the world.”

ENNEAGRAM 4 STRENGTHS

INTENSE

Emotions and feelings are very powerful forces and we are comfortable to fully immerse ourselves intensely in expression or experiencing feelings.

CREATIVE

We can make the ordinary, extraordinary. We love to create beautiful and poetic constructs that open your heart in awe and allow you to sense our authenticity.

DEEP

Life and death reach into the depth of our souls. We are not scared to sit with deep emotions that are sometimes painful or overwhelming. Out of this depth, we can pull beauty and meaning.

SYMPATHETIC

One of our strongest abilities is to sense your emotions, to harmonize and feel them with you. This can make you feel understood, supported and stronger.

ORIGINALITY

Being ordinary or experiencing the world as mundane is not inspiring so we like to jazz things up. We are gifted with the ability to express our true selves and engage with you in a way that will feel unique and unconventional.

INTUITIVE

In between language, words, pictures and actions, there is deeper knowledge. We understand the technique of sensing intuitively what is not being shown and shining a light on it.

DRAMATIC

We can mesmerise you or an audience with a flair for evocative drama. You may find this entertaining, shocking or painful but there is a gift in making you feel something real.

5

QUIET SPECIALIST



“My goal is simple. It is a complete understanding of the universe.”

ENNEAGRAM 5 STRENGTHS

QUIET

There is a lot of power in our skill of quiet observation. People can feel uninterrupted and undisturbed by our presence, and in these moments of silence, brilliant ideas can be born.

SPECIALIST

We are walking encyclopaedias. When you ask the right question, you will get more information than you expected. We like to know everything, even the tiniest details of a subject that interests us.

WISDOM

Overall, we believe life is made up of miniscule puzzle pieces. With our skilful rationality, we can assemble wise insights and quietly solve the world's mysteries and dilemmas.

CURIOUS

We are eager to learn, so we take things apart and figure out how they work. This opens new paths of knowledge and ways of doing things better. Maybe we can discover the next invention that launches a new era in history.

PROBLEM SOLVER

When we are faced with a challenge, we know when to take a step back while coming up with a way forward. When faced with something broken, our minds come alive with options. When faced with an obstacle, we devise a way over it.

INDEPENDENT

You don't need to hold our hands on a project. We are happy to move into our own space with our multitude of resources and begin devising stratagems. We enjoy developing solutions that are elegant and we are especially pleased when we produce an answer without impacting others on the way.

OBJECTIVE

When you constantly observe the world around you, you develop the ability to be objective and unattached. We can compartmentalise emotions so they don't interfere with our clear, practical thinking style.

6

**LOYAL
SCEPTIC**



“Knowing it and seeing it are two different things.”

ENNEAGRAM 6 STRENGTHS

LOYAL

We value our trusted family and friends, and you can rely on us to have your back through thick and thin.

SCEPTIC

To take things at face value is not always safe, so we have a natural talent for investigating all aspects of a situation. Seeing is not believing and we dig around to find the truth and highlight risks.

ALERT

We are strategically sensitive and automatically notice risky possibilities, which prevents us from being caught off guard.

TEAMWORK

Our awareness of the interconnectedness of people gives us insight into group dynamics and grants us the ability to facilitate and support a team. When we succeed, we win as a team and every member plays a role in getting us across the finish line.

PREPARED

Our minds are constantly constructing worst-case scenarios. This scenario planning means that we will be ready for anything.

WITTY

Laughing naturally creates bonds between people and lightness of heart makes for less animosity. Our quick minds present the world in an amusing way rather than viewing it as something we could be anxiously trapped by.

PROTECTIVE

Safety and security are important to us and we will protect ourselves, family, friends and teammates. We often carry plasters, emergency supplies, utility knives and torches, just in case anyone should need them.

7

ENTHUSIASTIC VISIONARY



“The future is full of exciting possibilities and I must experience it all!”

ENNEAGRAM 7 STRENGTHS

ENTHUSIASTIC

Energy bubbles up from inside us and we tackle any situation with glee. We are eager to learn and jump in to solve.

VISIONARY

We can clearly see a perfect future where everything is remarkable and works beautifully. We chase all things novel and introduce fresh visions for an elevated world.

FUN

Our strength lies in our ability to cheer up people and make them see the brighter side of life. The way in which we inspire joy can lift the dark cloud that some individuals struggle to shake.

BIG PICTURE

Seeing far ahead from a very high perspective means that we have a view of a whole system of aspects surrounding a conundrum. Our rapid mental gymnastics means we can make connections and then present a crystal-clear big picture for anyone to absorb at a glance.

FUTURISTIC

The past can be a burden for some but we use our strength of future focus to ensure we are open to alternatives, options and solutions.

MOTIVATING

Cheerleading and championing are a few of our incredible qualities. We motivate others to self-empower and get unstuck. We easily encourage others and keep groups moving forward.

NETWORKER

Our ability to make friends quickly and to know who can help us to deliver on goals makes us excellent networkers. We can talk to the CEO and the janitor with the kind of respect and nonchalance that makes people relax and connect with us.

8

ACTIVE CONTROLLER



“Only the strong survive.”

ENNEAGRAM 8 STRENGTHS

ACTIVE

We don't like to wait and will jump in and do. Things must move, and we can push for action when developments seem like they are moving too slowly.

CONTROLLER

We are excellent commanders and our people feel we give clear instructions and effective leadership. We like to be involved and can be counted on to have a finger on the pulse.

STRONG

Tough as nails, we will stand up to opponents. We will also protect our own. People can rely on us to defend the vulnerable of our community.

CONFIDENT

Our instincts are very strong and clear; they instantly tell us what to do in the moment. We are rarely mistaken but we will bounce back if we happen to take the wrong turn.

STRATEGIC

Life is a bit of a war game for us and we have a great ability to manoeuvre things out of the way or build alliances to get what we want.

BRAVE

We have the heart of a lion and face challenges head on.

DECISIVE

We like to have a clear path and easily make quick decisions to stack the odds in our favour. Where others might beat around the bush, or consider actions endlessly, we get going immediately.

9

ADAPTIVE PEACEMAKER



“I am okay as long as the people around me are okay.”

ENNEAGRAM 9 STRENGTHS

ADAPTIVE

We are very easy going and socially flexible types. Different people need different things from us and we can accommodate many differing wishes.

PEACEMAKER

We are good at getting different parties to listen to each other and we know that, even when ideas and perspectives clash, we can find mutual ground for the common good.

GLUE

We are the glue between our family, our friends and our colleagues. The bonds we nurture are strong and we keep everybody connected and talking.

FAIRNESS

When there is a cake to share, we will guarantee that every person will get an equal piece. Fairness is a value we hold dear and it will guide many of our actions.

FORGIVING

We would rather resolve any tension and let go of the past than hold grudges. Forgiveness is a way of staying connected through our hearts.

PATIENT

We have a very gentle and enduring patience about us. Sometimes groups need someone to hold the space tolerantly and not give up too easily before peace can be restored.

LISTENER

Your voice is very important to us and you will find that we are skilled listeners. We weave what you tell us into engaging stories, reflecting all perspectives.

THE ENNEAGRAM REVEALS MORE THAN YOUR STRENGTHS...

GET YOUR CUSTOM INTEGRATIVE ENNEAGRAM REPORT TO UNLOCK YOUR TRUE POTENTIAL

The Enneagram invites us to live life to the fullest. Knowing our Enneagram type is the first step to understand ourselves better, to bring about personal growth, improve relationships and gain inner peace.

DO YOU KNOW YOUR ENNEAGRAM TYPE?

Our Questionnaire

Statistic validation and unique machine learning algorithms improved accuracy to 95%. As the world's best Enneagram test, Integrative9 enabled over a hundred thousand professional people to identify their core Enneagram type. The comprehensive, integrated, dynamically adaptive questionnaire is fast and effective. Find out your Enneagram type, subtype, Center of Intelligence, Triadic Style, Level of Self Mastery, and current Stress and Strains.

Powerful Reports

We based our reports on neuroscience, Psychology and emotional intelligence. The report narrative is written in a positive and easy to understand language. Your custom development suggestions are very practical. Get your full personality profile with powerful information to support and enrich your self-development journey.





WHICH REPORT SUITS YOU BEST?

iEQ9 Reports offer different levels of insights and depth.

STANDARD

Discover more layers of you. Go beyond your Core Type and discover Centers of Intelligence (head, heart and gut), Lines, Wings, Subtype and Levels of Integration. Your personal custom report opens up more powerful pathways to development.

PROFESSIONAL

How does your unique profile affect you in the workplace and how can you be more effective? Your personalised Professional Report explores themes like Communication, Leadership and Teamwork and is widely used in business and corporate environments.

USE THE INTEGRATIVE ENNEAGRAM REPORT TO

- Increase self-confidence, unlocking your power and improving overall happiness
- Identify and shift patterns that keep you stuck in life
- Increase compassion for yourself and for others
- Discover your strengths and unlock your unique, authentic power
- Uncover fresh pathways to growth, development and happiness
- Check in on stress and strain levels and increase your resilience
- Increase productivity, effectiveness and motivation
- Improve your career effectiveness and ability to work well with others
- Build leadership authenticity, presence and impact

PERSONALITY REPORT CONTENTS	STANDARD (22 PAGES)	PROFESSIONAL (44 PAGES)
Enneagram Core Type	●	●
Motivation, Behaviour	●	●
Blindspots, Core Fears	●	●
Strengths and Weaknesses	●	●
Centers of Expression	●	●
27 Subtypes	●	●
Wing Influence	●	●
Self-awareness and Integration	●	●
Stress and Strain	●	●
Communication		●
Giving and Receiving Feedback		●
Feedback Guide		●
Conflict and Triggers		●
Decision Making		●
Leadership and Management		●
Team Behaviour		●
Coaching Relationship		●

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