



BASIC ENNEAGRAM COACHING



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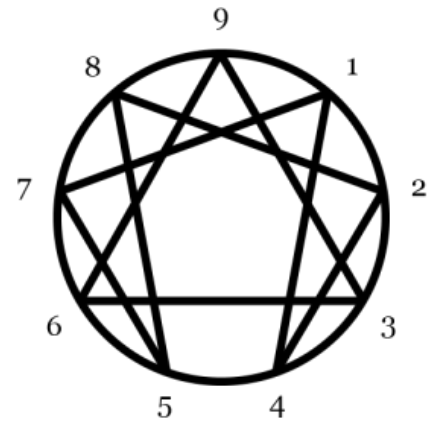
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INTRODUCTION

ENNEAGRAM COACHING

The Enneagram is a powerful tool that has been used for centuries to understand human behavior and personality. It is a model that suggests that there are nine distinct personality types, each with its unique set of strengths and weaknesses. The Enneagram has been widely used in coaching to help individuals identify their dominant personality type and gain a deeper understanding of themselves and others.



Enneagram coaching focuses on helping individuals identify their dominant personality type and use that understanding to make positive changes in their lives. By gaining a deeper understanding of their personality type, individuals can learn to recognize their inherent strengths and weaknesses and work toward personal growth and self-discovery. I have had the blessing of working with well over a thousand clients and no two are the same. Each person presents their own unique story and challenges.

Enneagram coaching for personal growth and self-discovery is the most common form of Enneagram coaching. By understanding their personality type, individuals can gain a deeper understanding of themselves and their behavior patterns. Enneagram coaching for personal growth and self-discovery can help individuals overcome limiting beliefs and behaviors and move towards a more fulfilling life.

Enneagram coaching for couples is particularly beneficial as it helps partners understand each other's personality types and how they can work together to build a strong and healthy relationship. By understanding each other's strengths and weaknesses, couples can learn to communicate more effectively and build a stronger connection.

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Enneagram coaching for spiritual growth is also becoming increasingly popular. By understanding their personality type, individuals can gain a deeper understanding of their unique spiritual path and how they can use their strengths to connect with something greater than themselves. Enneagram coaching for spiritual growth can help individuals find a renewed sense of purpose and meaning in their lives.

Enneagram coaching for leadership development is also highly effective. By understanding their personality type, leaders can learn to recognize their strengths and weaknesses and use that understanding to become more effective leaders. Enneagram coaching for leadership development can help leaders build stronger teams and create a positive work culture.

Enneagram coaching for teams and organizations can also prove to be productive. By understanding the personality types of team members, leaders can create a more cohesive and productive team. Enneagram coaching for teams and organizations can help improve communication, increase productivity, and create a positive work culture.

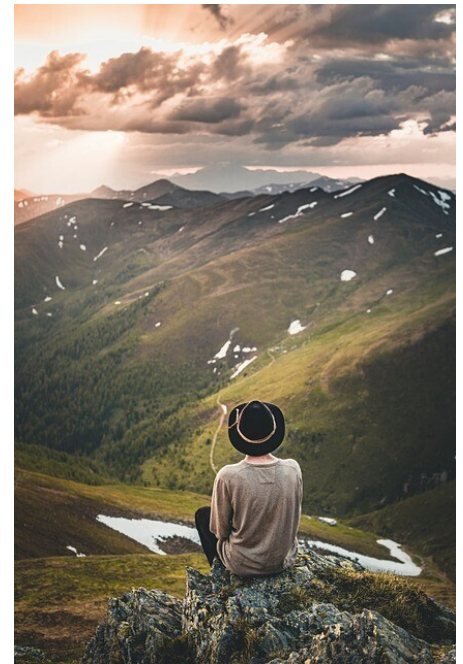


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In conclusion, the Enneagram is a powerful tool that can be used in coaching to help individuals and teams gain a deeper understanding of themselves and others. Enneagram coaching can be used in a variety of niches, including personal growth, couples, spiritual growth, leadership development, self-discovery, and for teams and organizations. If you are a life coach, learning about the Enneagram and how it can be used in coaching can help you become a more effective coach and help your clients achieve their goals.

An Exciting Opportunity

Embarking on the journey to become an Enneagram coach is an exciting and transformative opportunity that can have a profound impact on the lives of others. The power of the Enneagram lies in its ability to unveil deep insights into one's personality, helping individuals better understand themselves and their unique paths to growth and fulfillment. As an Enneagram coach, you can play an integral role in guiding clients on their journey toward self-awareness, self-improvement, and more harmonious relationships.



Remember, the key to becoming a successful Enneagram coach lies in your dedication to learning and mastering the Enneagram system, as well as honing your coaching skills. As you deepen your understanding of the Enneagram and develop your coaching abilities, you will become more equipped to provide valuable support and guidance to those in need.

Rest assured that the journey to becoming an Enneagram coach is not only achievable but also incredibly rewarding. With passion, commitment, and persistence, you will soon find yourself making a significant and lasting contribution to the lives of others. Your impact as an Enneagram coach will not only empower your clients but will also enrich your own life, as you witness the positive change and growth you help facilitate.

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So, take the first step on this remarkable path today, and embrace the opportunity to transform lives, build stronger connections, and make a meaningful difference in the world as an Enneagram coach. Your journey is just beginning, and the potential to create a lasting impact is within your reach.

Benefits of Enneagram Coaching

Enneagram coaching can offer a range of benefits, including:

1. **Increased self-awareness:** Enneagram coaching can help individuals understand their core motivations, fears, and desires based on their Enneagram type. This can lead to greater self-awareness and understanding of why they think, feel, and behave in certain ways.
2. **Improved relationships:** By understanding their own Enneagram type and those of others, individuals can gain insight into their communication styles, triggers, and potential conflicts. This can help them build more effective and harmonious relationships with friends, family, and colleagues.
3. **Personal growth:** Enneagram coaching can help individuals identify areas for personal growth and development. By understanding their Enneagram type and working with a coach, they can develop strategies to overcome their limitations and reach their full potential.
4. **Stress reduction:** Enneagram coaching can help individuals identify their sources of stress and develop coping mechanisms to manage it. By understanding their Enneagram type, individuals can learn to recognize when they are feeling overwhelmed and take steps to prevent burnout.
5. **Career development:** Enneagram coaching can help individuals identify their strengths and weaknesses in the workplace and develop strategies to improve their performance. By understanding their Enneagram type, individuals can also identify career paths that align with their core values and motivations.



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Overall, Enneagram coaching can provide individuals with valuable insights into their personality and behavior. It can help them build stronger relationships, develop new skills, and achieve their goals. It is like having a GPS for your personality! You get to explore your strengths and quirks, all while becoming the best version of yourself. It's like a magical mirror that shows you who you are and who you can be. And the best part? It works wonders for relationships, careers, and even making you the life of the party! (Well, maybe that is asking too much.) So buckle up, enjoy the ride, and let Enneagram coaching guide you on the adventure of a lifetime!



Personal Growth & Self-Discovery

The Enneagram, a powerful tool in coaching for personal growth and self-discovery, offers unique insights into an individual's core motivations, strengths, and areas of growth. This dynamic system provides a solid framework to understand and navigate the complex world of human behavior and relationships.

Enneagram coaching for personal growth and self-discovery assists individuals in recognizing their distinct personality type and its impact on their day-to-day lives. By exploring the nine Enneagram types, clients can uncover the underlying motivations that drive their actions, reactions, and emotions. This heightened self-awareness enables them to identify their personal strengths and areas that need improvement.

1. One significant advantage of Enneagram coaching is its ability to reveal an individual's blind spots and unconscious behaviors. By recognizing these patterns, clients can work on breaking free from their limitations and develop new strategies to overcome challenges. This self-discovery process encourages personal growth, leading to a more balanced and fulfilled life.

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2. Furthermore, Enneagram coaching helps clients cultivate emotional intelligence by understanding their emotions, reactions, and communication styles. With this knowledge, they can develop healthier relationships and improve communication skills, both personally and professionally.
3. The Enneagram also offers insights into the specific growth paths and potential challenges for each personality type. This information equips individuals with practical guidance for personal development, helping them set achievable goals and track progress.
4. Another important aspect of Enneagram coaching for personal growth and self-discovery is its role in fostering resilience and adaptability. By understanding the natural tendencies and stressors associated with their personality type, clients can develop effective coping mechanisms to navigate life's challenges.
5. Lastly, Enneagram coaching fosters compassion and empathy, both for oneself and others. By understanding the different personality types, clients can cultivate a deeper appreciation for the diverse perspectives and experiences of those around them. This increased empathy encourages stronger connections and more harmonious relationships.



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Maria's Story

Maria had always been someone who was hard on herself. She set high expectations and often felt disappointed when she didn't meet them. This constant self-criticism left her feeling drained, unhappy and stuck in a cycle of negative self-talk. Then, a friend recommended Enneagram coaching to help Maria gain a deeper understanding of herself and break free from her self-imposed limitations.



Maria decided to give Enneagram coaching a try and, after an initial assessment, discovered she was a Type 1, the Perfectionist. This revelation helped Maria see that her constant striving for perfection was not only a part of her personality type but also a significant source of her stress and dissatisfaction. With her coach's guidance, Maria began to explore the deeper motivations behind her perfectionism and learned about healthier ways to cope with her high expectations.

Through Enneagram coaching, Maria started to practice self-compassion and mindfulness, allowing her to be more accepting of her imperfections. She began to challenge her negative self-talk and replace it with more positive and supportive messages. Maria's coach also helped her identify her core values and align her personal goals with those values, which allowed her to find more purpose and satisfaction in her daily life.

Maria's journey of personal development and self-discovery through Enneagram coaching transformed her life. No longer burdened by the weight of her perfectionism, Maria was able to embrace her strengths and weaknesses, forge healthier relationships, and enjoy a newfound sense of balance and well-being. Enneagram coaching helped Maria to gain a deeper understanding of herself, enabling her to break free from limiting beliefs and live a more fulfilling, authentic life.

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In conclusion, the Enneagram is an invaluable tool in coaching for personal growth and self-discovery. Its ability to reveal core motivations, strengths, and areas of growth empowers individuals to live more authentic and fulfilling lives, develop healthier relationships, and foster resilience in the face of adversity.

Couples & Relationships

Enneagram coaching for couples and relationships offers a unique and insightful approach to improving relationship dynamics and fostering deeper connections. By understanding the intricacies of each partner's personality type, couples can gain a deeper appreciation for one another, leading to more harmonious and fulfilling relationships.



1. Improved communication: Enneagram coaching can significantly enhance communication between partners by identifying each individual's communication style and preferences. By understanding their partner's needs and how they express themselves, couples can learn to communicate more effectively, reducing misunderstandings and conflicts.
2. Greater empathy and understanding: Through Enneagram coaching, couples can develop a deeper understanding of their partner's motivations, fears, and desires. This heightened awareness fosters empathy, enabling partners to be more compassionate and supportive during challenging times. As your partner starts addressing their personal challenges, you can contribute to improving the situation by showing greater understanding and compassion towards their imperfections.

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3. Conflict resolution: Enneagram coaching can help couples identify common sources of conflict stemming from their personality types. By recognizing these patterns, partners can work together to develop strategies for resolving disputes in a healthy and constructive manner, ultimately strengthening their bond.
4. Personal growth: Enneagram coaching encourages personal growth for both individuals within a relationship. By understanding their own personality type and areas of growth, partners can work on becoming the best version of themselves, contributing to a healthier and more balanced partnership.
5. Appreciation for differences: Through Enneagram coaching, couples can learn to appreciate the unique qualities each partner brings to the relationship. By valuing and leveraging their differences, couples can foster a more dynamic and complementary partnership.
6. Enhanced intimacy: As couples gain a deeper understanding of their partner's emotional and psychological needs, they can create a more secure and nurturing environment. This increased emotional safety fosters greater intimacy and connection within the relationship.
7. Long-term relationship success: Enneagram coaching can provide couples with the tools and insights necessary to navigate the inevitable challenges that arise throughout the course of a relationship. By developing effective communication, conflict resolution, and personal growth strategies, couples are better equipped to maintain a healthy and thriving partnership over time.



David & Sarah's Story

David and Sarah had been married for several years, but lately, they found themselves growing increasingly distant and disconnected. Misunderstandings and conflicts seemed to be more frequent, and they struggled to communicate effectively. At a loss for how to repair their relationship, they decided to try Enneagram coaching for couples.

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Through their coaching sessions, David and Sarah discovered their Enneagram types: David was a Type 3, the Achiever, while Sarah was a Type 6, the Loyalist. With the help of their coach, they began to understand how their different personality types influenced their communication styles, needs, and expectations in their relationship.

David, as a Type 3, was highly focused on achievement and success. He often unintentionally prioritized his career over his relationship with Sarah, leaving her feeling neglected and unsupported. On the other hand, Sarah, as a Type 6, needed reassurance and security from David, but her anxiety sometimes led her to doubt his commitment to their relationship.



Their Enneagram coach helped David and Sarah see the underlying patterns that were contributing to their relationship issues. They learned how to communicate more effectively by expressing their feelings and needs openly and honestly, taking into account each other's unique personality traits. David began to prioritize his relationship with Sarah, making an effort to spend more quality time together and offer the emotional support she needed. Sarah, in turn, learned to trust David's commitment and address her anxieties in a healthier way.

Enneagram coaching for couples brought David and Sarah closer together by giving them a deeper understanding of themselves and each other. As they grew in their awareness of their own and each other's strengths, weaknesses, and motivations, they were able to resolve conflicts more effectively and build a stronger, more loving connection. The insights gained through Enneagram coaching not only revitalized their relationship but also provided them with the tools to continue nurturing and strengthening their bond for years to come.

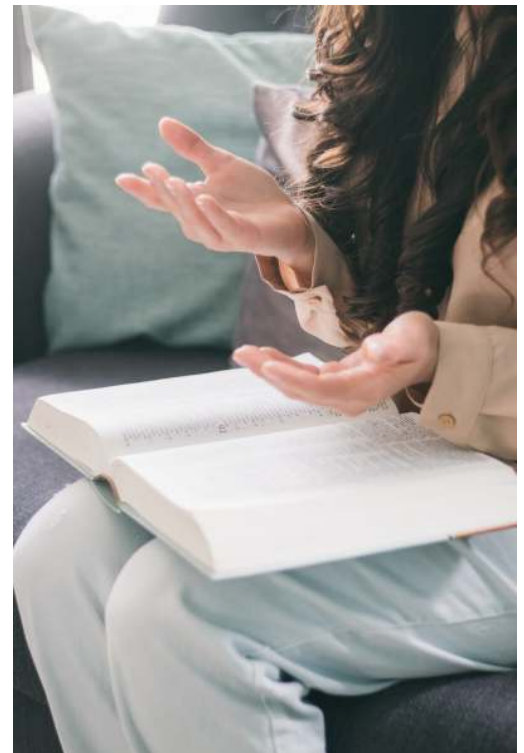
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In conclusion, Enneagram coaching for couples and relationships can have a profound impact on relationship dynamics, communication, and overall satisfaction. By delving into each partner's unique personality type, couples can develop a greater appreciation for one another, fostering a deeper connection and lasting harmony in their relationship.

Spiritual Growth

Enneagram coaching for spirituality and mindfulness offers a powerful framework for individuals seeking to deepen their spiritual connection and cultivate a more mindful and conscious way of living. By exploring the unique qualities and challenges associated with each Enneagram type, individuals can gain valuable insights into their spiritual journey and the practices that will best support their growth.

1. Self-awareness and introspection: Enneagram coaching encourages individuals to develop a greater sense of self-awareness and introspection. By understanding the motivations, fears, and desires that drive their behavior, individuals can recognize the patterns that may hinder their spiritual growth and work to overcome these obstacles.
2. Spiritual practices tailored to personality type: Each Enneagram type resonates with specific spiritual practices and approaches. Enneagram coaching can help individuals identify the practices best suited to their personality type, ensuring a more meaningful and transformative spiritual journey. *For example: prayer, meditation, journaling, music therapy, etc.*



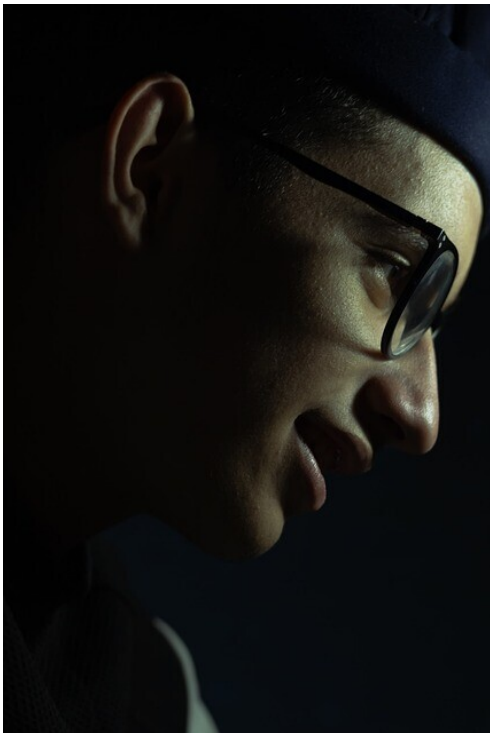
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3. Emotional and psychological healing: Enneagram coaching for spirituality and mindfulness can support individuals in healing past emotional wounds and overcoming psychological barriers that may be limiting their spiritual growth. By fostering greater self-awareness and self-compassion, individuals can experience a sense of inner healing and wholeness.
4. Developing mindfulness: Enneagram coaching can help individuals cultivate mindfulness by teaching them to observe their thoughts, emotions, and behaviors without judgment. This increased self-awareness can lead to more mindful and conscious living, allowing individuals to fully engage with the present moment and experience a greater sense of inner peace.
5. Uncovering life purpose: Enneagram coaching for spirituality and mindfulness can help individuals discover their unique purpose and mission in life. By understanding their personality type and the gifts they bring to the world, individuals can align their actions with their higher purpose, leading to a more meaningful and fulfilling life.
6. Strengthening the connection to a higher power: Through Enneagram coaching, individuals can explore their unique spiritual path and develop practices that deepen their connection to a higher power beyond themselves. This connection can provide a sense of guidance, support, and inspiration throughout life's challenges.
7. Personal and spiritual growth: Enneagram coaching for spirituality and mindfulness encourages personal and spiritual growth by guiding individuals through a process of self-discovery, self-improvement, and self-acceptance. This growth fosters a more authentic and spiritually-aligned way of living, contributing to overall well-being and life satisfaction.



John's Story

John had always been a spiritually inclined person, but lately, he found himself feeling lost and disconnected from his sense of purpose. He felt unfulfilled in his job and struggled to find meaning in his day-to-day life. As a last resort, he decided to try Enneagram coaching with a focus on spirituality.



During his coaching sessions, John discovered he was a Type 4, the Individualist. His coach helped him understand the unique spiritual challenges and gifts associated with his Enneagram type. John learned that, as a Type 4, he had a deep connection to the emotional and creative aspects of life, but he often got lost in his feelings and the search for an idealized, more authentic self.

Through Enneagram coaching, John began to understand how his focus on the ideal and his feelings of inadequacy were getting in the way of experiencing the present moment fully and embracing his true self. He started to practice mindfulness and gratitude, finding beauty in the everyday experiences of life and grounding himself in the present.

As John continued to work with his Enneagram coach, he discovered that his sense of purpose and meaning was rooted in using his unique gifts as a Type 4 to inspire others through art and creativity. He decided to pursue his passion for painting, and through his art, he was able to express his deep emotions and connect with others in a profound way. He also began to volunteer at a local community center, offering art therapy workshops to help others heal and find solace through creative expression.

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Enneagram coaching helped John reconnect with his spiritual path and find renewed meaning and purpose in his life. By embracing his true self and using his gifts as a Type 4, he not only found personal fulfillment but also made a positive impact on the lives of those around him. This transformative experience empowered John to continue on his spiritual journey, supported by the wisdom and insights gained through Enneagram coaching.

In conclusion, Enneagram coaching for spirituality and mindfulness offers a powerful tool for individuals seeking to deepen their spiritual connection and live a more mindful, conscious, and purpose-driven life. The Enneagram doesn't tell you what to do in life or what job to take, but it does help you see what you tend to value and how you naturally show up to others. By exploring the unique qualities of each Enneagram type, individuals can gain valuable insights into their spiritual path and develop practices tailored to their specific needs and aspirations.

Leadership Development

Enneagram coaching for leadership development offers valuable insights for leaders seeking to enhance their effectiveness, foster collaboration, and create an inclusive and high-performing work environment. Here are some key ways that the Enneagram can be useful in leadership development:

1. Self-awareness and emotional intelligence: Enneagram coaching can help leaders develop greater self-awareness and emotional intelligence, essential qualities for successful leadership. By understanding their personality type, leaders can identify their natural strengths and weaknesses, allowing them to address potential blind spots and leverage their innate talents to lead effectively.



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2. Effective communication and conflict resolution: Leaders can use Enneagram knowledge to understand the communication styles and preferences of their team members, helping them tailor their approach to better connect with and motivate each individual. This understanding can also be instrumental in navigating conflicts and fostering a collaborative, harmonious work environment.
3. Building high-performing teams: Enneagram coaching can help leaders appreciate the unique contributions of each team member, based on their personality type. By leveraging the diverse strengths within a team, leaders can create more balanced, cohesive, and effective teams that can tackle complex challenges and achieve ambitious goals.
4. Developing adaptive leadership skills: Enneagram coaching can support leaders in developing adaptive leadership skills, enabling them to adjust their approach and style based on the specific needs and dynamics of a situation. By cultivating this flexibility, leaders can respond effectively to a rapidly changing business landscape and drive their teams to excel.
5. Enhancing decision-making abilities: Enneagram coaching can help leaders understand their natural decision-making preferences and biases, enabling them to make more informed and balanced decisions. By considering different perspectives and recognizing potential blind spots, leaders can arrive at better solutions that benefit the entire organization.
6. Fostering a positive organizational culture: Enneagram coaching can assist leaders in creating a supportive and inclusive organizational culture where all employees feel valued and empowered to contribute. By understanding and appreciating the different personality types, leaders can foster a sense of belonging and collaboration that drives employee engagement and productivity.

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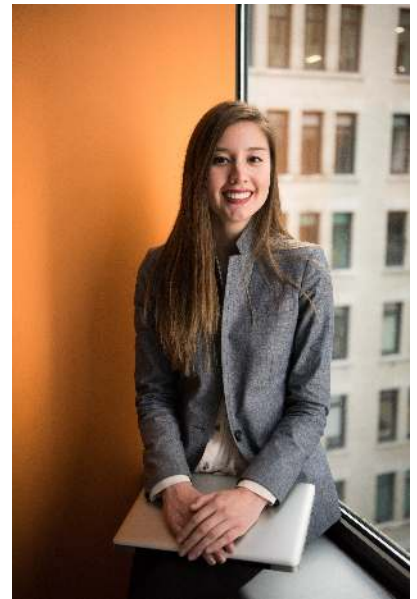
7. Personal and professional growth: Enneagram coaching supports leaders in their personal and professional growth journey. By providing a framework for self-reflection, goal setting, and ongoing development, Enneagram coaching can help leaders continually evolve and refine their leadership abilities to meet the demands of their roles.

Samantha's Story

Samantha had recently been promoted to a leadership position within her company. Although she was excited about the opportunity, she soon found herself feeling overwhelmed and struggling to manage her new team effectively. Recognizing that she needed help, she decided to try Enneagram coaching with a focus on leadership development.

During her coaching sessions, Samantha discovered she was a Type 9, the Peacemaker. Her coach helped her understand the unique strengths and challenges associated with her Enneagram type in a leadership context. Samantha learned that, as a Type 9, she had a natural ability to create a harmonious environment and bring people together. However, she also tended to avoid conflict and make decisions slowly, which sometimes led to inefficiencies within her team.

With her coach's guidance, Samantha began to develop strategies to balance her natural peacemaking abilities with the assertiveness and decisiveness necessary for effective leadership. She worked on setting clear expectations for her team, openly addressing conflicts when they arose, and making timely decisions to keep projects moving forward.



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As Samantha continued to apply these strategies, she saw a significant improvement in her team's productivity and morale. The team became more cohesive, and they began to trust and respect Samantha's leadership. Through Enneagram coaching, Samantha had not only become a more effective leader but also found the confidence to fully embrace her new role.

In conclusion, Enneagram coaching for leadership development offers a powerful and practical tool for leaders to enhance their effectiveness, build high-performing teams, and create a positive work culture. By understanding and applying the insights provided by the Enneagram, leaders can unlock their full potential and lead their organizations to greater success.

Teams & Organizations

Enneagram coaching for teams and organizations provides valuable insights and strategies to enhance team dynamics, foster collaboration, and create a thriving work culture. Here are some key ways that the Enneagram can be useful in coaching for teams and organizations:

1. Improved understanding of team dynamics: By helping team members identify their Enneagram types, coaching can enhance their understanding of each other's strengths, weaknesses, and communication styles. This increased awareness can lead to improved collaboration, reduced conflict, and more effective teamwork.
2. Enhanced communication and collaboration: Enneagram coaching can help team members understand how their personality types impact their communication preferences, enabling them to adapt their communication style to better connect with others. This deeper understanding can lead to improved collaboration and increased trust within the team.



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3. Better conflict resolution: By recognizing the different approaches to conflict among Enneagram types, team members can learn how to address disagreements constructively, fostering a more harmonious and collaborative work environment.
4. Leveraging diversity and creating synergies: Enneagram coaching can help teams appreciate the unique contributions of each member and understand how to leverage their strengths effectively. By capitalizing on the diverse talents within a team, organizations can foster greater synergy, creativity, and innovation.
5. Strengthening team culture and engagement: Enneagram coaching can help team members feel more valued and understood, which can boost morale, engagement, and overall job satisfaction. By fostering a positive and inclusive team culture, organizations can attract and retain top talent.
6. Fostering team growth and development: Enneagram coaching can support the growth and development of team members by providing insights into areas for improvement and opportunities for personal and professional development. By encouraging continuous learning and growth, organizations can create more effective, adaptable, and high-performing teams.
7. Supporting organizational change and development: Enneagram coaching can provide valuable insights into the organization's culture and dynamics, helping leaders identify areas that require attention or improvement. By understanding the different Enneagram types within the organization, leaders can implement targeted strategies to drive change and enhance the overall work environment.



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David's Story

David was a member of a cross-functional team in his organization that had been struggling with communication issues and low morale. The team had difficulty working together effectively, and conflicts were common. David's manager decided to bring in an Enneagram coach to help the team members understand each other better and improve their collaboration.



During the Enneagram coaching sessions, each team member identified their Enneagram type and learned about the unique strengths and challenges associated with each personality. The coach facilitated open discussions where team members shared their insights, preferences, and working styles with one another. This allowed everyone to better understand and appreciate their colleagues' differences.

As the team members gained a deeper understanding of each other's personality types, they became more empathetic and tolerant of each other's differences. They began to adjust their communication styles to suit the needs of their colleagues and found more effective ways to collaborate. They learned how to leverage each person's strengths and compensate for their weaknesses, ultimately creating a more cohesive and productive team.

The Enneagram coaching not only improved communication within the team but also helped to resolve many of the conflicts that had previously been a source of tension. The team members reported higher morale and increased job satisfaction, and the team's overall performance improved significantly. Thanks to Enneagram coaching, the team was now able to work together more effectively and contribute positively to the organization's success.

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In summary, Enneagram coaching for teams and organizations offers a powerful and practical tool for enhancing team dynamics, fostering collaboration, and creating a thriving work culture. By understanding and applying the insights provided by the Enneagram, teams can unlock their full potential and contribute to the success of their organization.

You Can Help People Right Now

You can make a difference in people's lives right now, even if you feel uncertain about how to do so. It's a good thing to be cautious, as it shows that you care. You can demonstrate care and concern by being willing to reach out and involve yourself in others' lives. Taking an interest in people is an important step toward helping them.

No one can stop you from showing love to others. If you have a basic understanding of the Enneagram system, you have an advantage over many other systems that aim to help people. Many people struggle with multiple issues that you can assist them with. There are many problems in the world and people who need help. It's important to be willing to engage with clients and their issues.

The journey to becoming an effective life coach starts with recognizing the wealth of experiences you have accumulated throughout your life. Your life has been an incredible journey so far, filled with all the colors of the emotional spectrum. Through your career, you've faced challenges that have built your resilience and shaped your perspective. Your family has shown you the true meaning of love, support, and the occasional headache. Your relationships, both good and bad, have taught you about connection, vulnerability, and the complexities of human nature. Your successes have made you stronger and more confident, while your failures have gifted you with invaluable wisdom. And let's not forget your spiritual background, which has brought depth and purpose to your life.

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All these experiences, these ups and downs, and twists and turns, have equipped you with the insights and empathy needed to make a difference in the lives of others. As a life coach, you have the power to tap into this treasure trove of personal experiences and use it to connect with your clients on a deeper level. With your unique perspective and understanding, you can offer tailored guidance to help others navigate the complexities of their own lives.

Embrace the richness of your journey, for it has transformed you into the insightful and impactful life coach you are meant to be.

It's important to remember that everyone is capable of making a difference in the lives of others. Your empathy, understanding, and the wisdom gained from your own life experiences make you a valuable resource for those seeking guidance and support. As a life coach, you will have the opportunity to connect with people from all walks of life and empower them to achieve their goals and overcome obstacles.

Furthermore, the skills needed to become an effective life coach can be learned and refined through dedicated practice, training, and continuous self-improvement. As you commit to your personal and professional growth, you will find that your coaching abilities and the impact you have on your clients will continue to evolve and expand.

In conclusion, trust in your ability to be an effective life coach. Embrace the experiences that have shaped you and the unique perspective you bring to the table. With dedication, passion, and a genuine desire to help others, you will not only be capable of becoming a successful life coach but also have a transformative impact on the lives of those you serve.



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The Moving Truck Principle

Life's challenges can weigh people down like a moving truck filled with heavy boxes, leaving them feeling overwhelmed. As a helper, you can offer support simply by listening to their concerns without feeling the need to solve every problem they face. Giving them space to talk through their issues can lighten their load and provide a sense of relief. As you provide understanding and support, they will feel more relaxed and cared for, and their anxious and frustrated thinking can give way to calm and wise decision-making. Instead of trying to unpack every box or issue in their life, focus on helping them unload their truck.

Learn To Listen

To be an effective helper, it's important to become a great listener. Learning from books is helpful, but talking to and observing people can teach you a lot as well. By listening carefully and asking thoughtful, open-ended questions, you can provide value to your clients. It's important to investigate rather than interrogate and to let the client do most of the thinking.

Don't worry about fixing people, but focus on communicating that "their life matters." Avoid getting too caught up in details and instead stay focused and present. Remember that the appointment is about the client, not about you. Study the person you're talking to and explore their thoughts, behavior, ideas, and values. The solution will often arise naturally, so relax and let it happen. To ensure that you understand the problem, it may be helpful to repeat back what you've heard in your own words.



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There may be times during a coaching session when you find yourself feeling anxious, wanting to provide the best help and solutions for your client's challenging issues. It's natural to want to make a difference, but when your focus shifts too much onto your own performance, it detracts from your client's experience. In these moments, take a deep breath and remind yourself to let go of the self-centered worries.



Gently quiet your anxious thoughts, and re-center your attention on your client and their unique situation. Remember that your role as a coach is to facilitate their journey towards self-discovery, rather than providing all the answers yourself. Trust the process and have faith in your own abilities and the wisdom of your client. Believe that, together, you will uncover the insights needed to help them overcome their challenges.

By keeping the focus on your client and trusting in the power of the coaching process, you'll create a supportive and empowering environment where growth and transformation can truly take place.

Basic Life Coaching Skills Required

Life coaching is a rewarding and transformative profession that requires a unique set of skills to effectively guide and support clients on their personal growth journeys. A skilled life coach can help clients identify their goals, overcome obstacles, and achieve a greater sense of fulfillment and well-being in their lives. In order to become an impactful and successful life coach, it is crucial to develop and hone the following basic skills:

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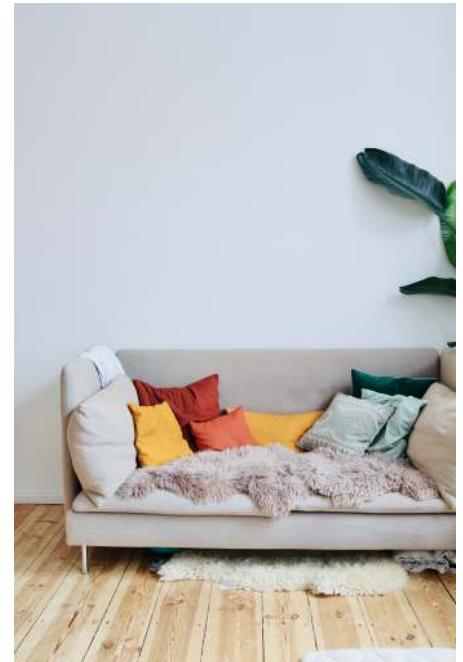
1. Active listening: The ability to attentively listen to your clients, without judgment or interruption, is essential for understanding their needs, concerns, and aspirations. Active listening allows you to grasp the subtleties of your clients' experiences and provide valuable guidance and support.
2. Powerful questioning: Life coaching is about asking thought-provoking questions that challenge clients to explore their thoughts, beliefs, and values. Powerful questioning encourages self-discovery, enabling clients to arrive at their own solutions and insights.
3. Empathy and compassion: Being able to empathize with your clients and demonstrate genuine care for their well-being fosters trust and creates a safe environment for them to open up and share their vulnerabilities.
4. Effective communication: A life coach must be able to communicate clearly and effectively, both in verbal and written forms. This skill enables you to express your ideas and guidance in a way that resonates with your clients and encourages their growth.
5. Goal-setting and action planning: Helping clients identify and set achievable goals, and develop actionable plans to reach them, is at the core of life coaching. This skill requires a strategic mindset and the ability to break down goals into manageable steps.
6. Motivating and empowering: A successful life coach must inspire clients to take ownership of their lives and cultivate the self-confidence and resilience needed to overcome challenges and pursue their dreams.
7. Adaptability and flexibility: Life coaching requires the ability to adapt to different clients' needs and preferences, as well as to navigate unforeseen challenges and circumstances. Flexibility and adaptability are essential for providing tailored guidance and maintaining your effectiveness as a coach.
8. Continuous learning and self-development: A commitment to ongoing professional and personal growth is crucial for life coaches. Continuously enhancing your coaching skills and knowledge ensures that you remain up-to-date with industry best practices and can provide the best possible support to your clients.

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Becoming an impactful and successful life coach demands the development of these essential skills, which enable you to guide and challenge clients on their journeys toward personal growth and fulfillment. As you cultivate these skills and commit to continuous learning and self-development, you will be better equipped to empower your clients to unlock their full potential and create meaningful and lasting change in their lives.

What Does The Client Want?

How is the client feeling and what does the client want? Keep the conversation focused on their problem until you can accurately state their feelings and desires. For instance, if a client is feeling hopeless because their marriage isn't going well, you might say, "It sounds like you're feeling hopeless about your marriage because you're unsure if it'll improve." Once you accurately label their feelings, summarize what you think they want. Being able to name emotions has been shown to reduce their intensity. For example, "You want your husband to connect with you and show that he cares about your feelings." If they agree with your summary, you've accurately summarized their problem, feelings, and desires.



Help clients see things they don't see for themselves by shining a light into their darkness. Avoid sharing personal judgments, such as "divorce is wrong," and focus on understanding the person, not just their situation. Remember that their story isn't necessarily the truth, and help them see that their perception may differ from reality. Focus on life transformation, not just symptom resolution. Remain neutral and objective, and watch for offhand comments that may reveal deeper issues.

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Clients may approach you for different reasons - some may want to discuss the Enneagram while others may have specific problems that are troubling them. These conversations can range from light-hearted and pleasant to difficult and complex. It's important to summarize the problem in your own words and understand why it's a problem for the client. Sometimes the solution to the problem is that there is not really a problem, and choices can feel like a problem. Understanding their Enneagram type can help in this process.

One aspect of life coaching is to help people remember and pursue their dreams, rather than settling for an easier path. It's important to identify the ideas, thoughts, or beliefs that keep the client from achieving their goals and help them shift their perspective to capitalize on their strengths and reach their full potential. It's also important to avoid "Either/Or" thinking and help clients see alternative options. Ultimately, focus on understanding the person, not just the problem, and to remain neutral and objective throughout the coaching process.

As an Enneagram coach, you might initially expect that your clients will primarily seek your guidance to learn about the Enneagram system or to identify their personality type. However, it's important to remember that people often seek coaching when they are grappling with genuine, complex problems in their lives. They may feel stuck or overwhelmed, and while their interest in the Enneagram might bring them to you, the underlying issues can be deep and multifaceted.

Don't be surprised if you find yourself diving into the deep end of the pool with your clients. It's natural to encounter challenging situations when working with people who are facing real struggles. Do your best to offer empathy, support, and understanding while utilizing your knowledge of the Enneagram to help them navigate their challenges.

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At the same time, it's crucial to recognize the limits of your expertise. If you find yourself in over your head or confronted with issues beyond the scope of Enneagram coaching, be willing to refer your clients to other professionals who may be better equipped to help them. By being open and honest about your capabilities, you maintain a strong ethical foundation and ensure your clients receive the support they truly need.

Find Me On The Map

All Enneagram types can be great and a joy to be around when healthy, and all types can become problematic when unhealthy. It's important to help clients discover their Enneagram type by listening for clues and asking revealing questions. Don't assume they are correct if they have typed themselves, as sometimes people have been mistyped by an "expert." Some helpful questions to ask include:

- *What is the best feeling you can imagine?*
- *What is the worst feeling?*
- *What do you want most in life?*
- *How will people remember you at your funeral?*
- *What would be the job you would find most difficult?*

- *If you could change one thing about your personality, what would it be?*
- *When you work, what is your best talent?*



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- *How would you handle an unfair request by a boss or customer?*
- *What three adjectives would your friends use to describe you?*
- *If you were an animal, what kind would you be?*
- *What do you do too much of, willingly?*
- *What is your pet peeve?*
- *If you procrastinate, what kind of things do you put off?*

As an Enneagram coach, it's important to remember that some clients might initially feel resistant or uncomfortable when discovering their own Enneagram type. This can be because they may feel exposed and vulnerable, as their true type often reveals some of their most profound, internal struggles. It's crucial to help them understand that every type can be exceptional when healthy and that self-awareness is the first step toward growth.

Recognizing one's Enneagram type can be an emotionally challenging process that requires deep honesty and introspection. As a coach, your role is to support and guide your clients through this journey with empathy and encouragement. Help them see the value in understanding their type and how it can empower them to make lasting, positive changes in their lives.

Additionally, part of your responsibility as a life coach is to help clients rediscover their passions and dreams, while also enabling them to capitalize on their strengths. By doing so, you can guide them toward achieving personal fulfillment and reaching their full potential. The Enneagram system serves as a powerful tool for understanding each individual's unique qualities, strengths, and challenges, ultimately helping you facilitate meaningful transformation in their lives.

OVERVIEW OF THE NINE ENNEAGRAM TYPES

The Enneagram is a powerful tool for understanding the intricacies of human nature and the multifaceted aspects of our personality. According to the system, there are nine fundamental personality types, each with its unique strengths and weaknesses, motivations, fears, and ways of engaging with the world around them. To help your client identify their Enneagram type, you might need to briefly summarize the key attributes of each of the nine types. As you outline the characteristics of each type, your client should be able to resonate with the one that most accurately reflects their personality. Your role is to describe each type in a way that allows the client to recognize and connect with the type that truly represents who they are.

By providing concise and clear descriptions of each Enneagram type, you're offering your client the opportunity to gain self-awareness and insight into their own personality. This, in turn, empowers them to better understand themselves and others, leading to improved relationships, personal growth, and a more fulfilling life. Remember that your primary objective is to help your clients recognize their true type and guide them on their journey of self-discovery, utilizing the Enneagram system as a transformative resource.

Type One: The Perfectionist. (Anger) Ones are principled and strive for perfection in everything they do. They are often critical of themselves and others and have a strong sense of right and wrong.

Type Two: The Helper. (Pride) Twos are caring, empathetic, and nurturing. They are often selfless and focus on the needs of others, sometimes at the expense of their own needs.

Type Three: The Achiever. (Deceit) Threes are ambitious and success-oriented. They are often highly driven and competitive, seeking to achieve their goals and receive recognition for their accomplishments.

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Type Four: The Individualist. (Envy) Fours are creative and sensitive, often feeling misunderstood or different from others. They have a strong sense of identity and often seek to express themselves through art or other creative pursuits.

Type Five: The Investigator. (Greed) Fives are analytical and curious, often pursuing knowledge and understanding. They can be detached and withdrawn, preferring to observe rather than participate in social situations.



Type Six: The Loyalist. (Fear) Sixes are loyal and committed, often seeking security and stability in their relationships and careers. They can be anxious and fearful, constantly seeking reassurance and support.

Type Seven: The Enthusiast. (Gluttony) Sevens are adventurous and optimistic, often seeking new experiences and opportunities. They can be impulsive and scattered, sometimes avoiding difficult emotions or situations.

Type Eight: The Challenger. Eights (Lust) are powerful and assertive, often seeking control and dominance in their relationships and careers. They can be confrontational and aggressive, sometimes using their strength to intimidate others.

Type Nine: The Peacemaker. (Sloth) Nines are peaceful and harmonious, often seeking to avoid conflict and maintain balance in their relationships and environments. They can be passive and indecisive, sometimes losing touch with their own needs and desires.

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As an Enneagram coach, it's important to understand the nuances of each type and how they interact with others. By helping your clients identify their Enneagram type, you can guide them toward greater self-awareness and personal growth. Whether you're coaching couples, individuals, or teams, the Enneagram can be a powerful tool for unlocking human potential and fostering deeper connections.

HOW TO IDENTIFY A CLIENT'S ENNEAGRAM TYPE

The Enneagram is a powerful tool for understanding personality types and improving relationships, leadership, and personal growth. As an Enneagram coach, your ability to identify a client's Enneagram type is crucial to creating an effective coaching plan. Here are some tips for identifying a client's Enneagram type:

1. Observe their behavior and motivations. Each Enneagram type has a distinct pattern of behavior and underlying motivation. Pay attention to how your client behaves in different situations and what drives their actions.
2. Ask open-ended questions. Avoid leading questions that may bias your client's response. Instead, ask open-ended questions that allow your client to share their thoughts and feelings in their own words. For example, ask questions like: *"What is the best feeling in the world?"* *"What is the worst feeling?"* *"How do you think people would describe you?"* *"What do you think people will remember you for?"*
3. Look for patterns in their behavior. Over time, you may notice recurring themes in your client's behavior that point to their Enneagram type. For example, a client who consistently seeks approval from others may be a Type Two, while a client who values independence and self-sufficiency may be a Type Five.
4. Consider their strengths and weaknesses. Each Enneagram type has unique strengths and weaknesses. Pay attention to your client's strengths and areas for improvement, as they may provide clues to their Enneagram type.

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5. Use a diagnostic tool. While observation and questioning can be effective methods for identifying a client's Enneagram type, some coaches may prefer to use a diagnostic tool such as a questionnaire or assessment. These tools can provide more objective insights into your client's personality.

Points of Confusion

It's essential to acknowledge that people might misidentify their Enneagram type with another type, particularly if they are unfamiliar with subtypes. In essence, there are three subtypes for each of the nine types, which further differentiate an individual's personality. Subtypes play a significant role in shaping how a person expresses their personality in the world, making it crucial to understand them when assisting someone in determining their Enneagram type. Occasionally, a person's subtype can cause them to resemble another Enneagram type, leading to confusion.



For example, a self-preservation 6, with its warm and friendly demeanor, could easily be mistaken for a Type 2. However, their underlying motivation differs; in the case of a self-preservation 6, it's driven by fear. This subtle distinction makes it crucial for coaches to be well-versed in both Enneagram types and subtypes to accurately help clients identify their true type.

When guiding clients through the Enneagram typing process, take the time to explore and discuss subtypes, as they can provide valuable context and clarity.

By doing so, you can ensure that your clients gain a deeper understanding of their authentic selves and avoid potential misidentification, leading to more accurate self-awareness and personal growth.

To enhance your understanding of Enneagram subtypes, it's crucial to invest time in learning from reputable sources, such as well-researched books and informative podcasts. Engaging with these resources will allow you to familiarize yourself with the nuances of subtypes and their influence on a person's expression of their personality.

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Immerse yourself in the Enneagram community by attending workshops, and conferences, or joining online forums where experts and fellow enthusiasts share their knowledge and insights. As you deepen your understanding of subtypes, you'll be better equipped to support your clients in identifying their true type, leading to more accurate self-awareness and meaningful personal growth.

By actively engaging with various educational resources and building your knowledge on Enneagram subtypes, you can become a more effective and empathetic coach, capable of guiding clients through a transformative journey of self-discovery and personal development.

Once you have narrowed down your client's type to a couple of possibilities, discuss the basic types, including their strengths, weaknesses, challenges, and obstacles. Additionally, discussing the dominant sins or passions of each type can provide insight into a person's Enneagram type. For instance, asking whether anger or anxiety is a bigger issue for them may help them distinguish between whether they are a type 1 or a type 6.

If the client is still unable to identify their type, you can discuss the lines of integration and disintegration with them. If they are stuck between a few types, you can help them understand how each type deals with stress and challenges. Some people may have difficulty identifying their type, but they may be able to recognize their thought processes in times of stress or calm. If you are unfamiliar with lines of integration and disintegration, the basic concept is each type can look a bit like another type in times of stress and health.

Assertive, Compliant, & Withdrawn

One of the foundational lessons of the Enneagram is that there are three basic stances: withdrawn, compliant, and assertive. Types 9, 5, and 4 are naturally withdrawn, which means they need to distance themselves from others to reconnect with their inner selves and create personal space. This allows them to identify their desires without feeling overwhelmed by external influences.

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Types 6, 2, and 1 are the compliant types. They typically start their day by assessing their environment, asking questions like, "What do I need to pay attention to today?" or "What should I take care of?" They then direct their energy toward addressing the most pressing issues that have emerged.

The assertive types – types 8, 7, and 3 – wake up with a specific agenda in mind and immediately begin working towards accomplishing it. They may welcome support or collaboration, but if they feel someone is obstructing their progress, they may react assertively.

One way the Enneagram helps us find balance is by encouraging us to identify which of these stances is most challenging for us to adopt. For some, assertiveness may feel uncomfortably aggressive; for others, withdrawal may seem like an act of negligence. Meanwhile, others might struggle with compliance and adjusting to the needs or agendas of those around them.



Ultimately, the goal is to achieve balance. Armed with this basic understanding of the Enneagram, we can start identifying growth areas for ourselves and our clients. As we recognize these challenges and work to overcome them, we develop a more balanced, fulfilling life.

Listen To Your Council

In Enneagram coaching, it's important to recognize that since we each have only one Enneagram type, we often have blind spots in our understanding of ourselves and the world around us. By listening to and valuing the perspectives of the other eight types, we can begin to identify these blind spots and receive valuable guidance on how to enhance our lives, broaden our perspectives, and explore alternative solutions to our challenges.

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Once you have confidently identified your client's Enneagram type, you can start offering suggestions to improve their life. Consider these suggestions as advice coming from the other eight types, each with its unique viewpoint and priorities. In a single coaching session, you might not have time to represent all eight other types, so focus on conveying the perspectives of the four types directly connected to your client's type.

By incorporating the wisdom and insight of these connected types, you help your client understand the value of considering different perspectives and incorporating their strengths. This approach can foster a more balanced and enriched life for your client, as they learn to address their challenges with a broader and more versatile toolkit of strategies and viewpoints.

For instance, if you were coaching a Type 1, you might offer insights and strengths from the perspectives of both Type 9 and Type 2.

Type 9: Be more open-minded, try to see things from other people's perspectives, don't feel like you have to fix everything, be quiet and let others speak, and realize that other people will figure things out in their own time.

Type 2: Be kind, encourage others more, criticize less, be warm and engaging, focus your attention on others, and be friendly.

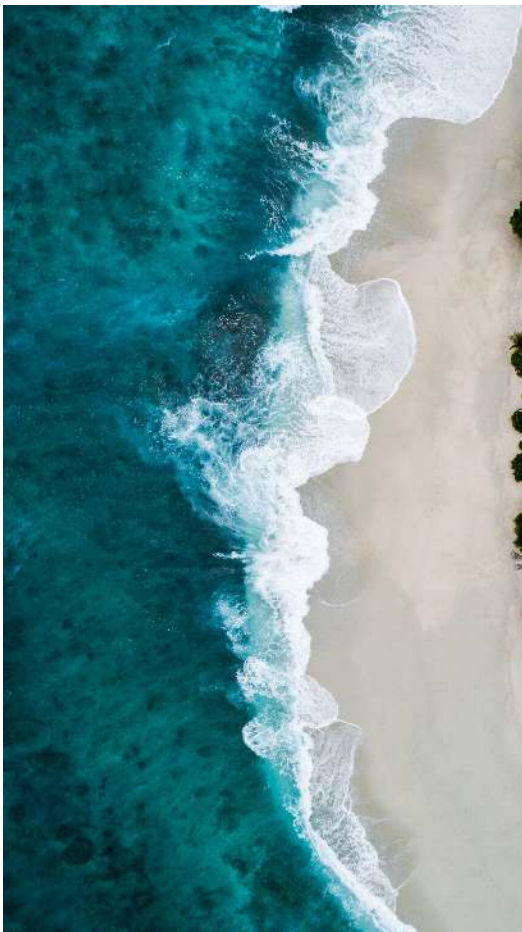
This kind of advice can be extremely helpful to a Type 1 who needs to learn to stretch a little more into their wings.

Next, offer guidance to the Type 1 by presenting the advice they might receive from the types they connect with through integration and disintegration, specifically Type 7 and Type 4.

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Type 7: Enneagram Type 7 offers the following helpful advice: Adopt a more positive outlook, focus on the bright side of situations, utilize your creativity to find solutions, embrace your natural charm, allow yourself to make mistakes, remember to have fun, be pleasant to others, and think beyond conventional approaches.

Type 4: Enneagram Type 4 offers the following helpful advice: Embrace your authenticity, stay true to your values, engage in meaningful activities, strive for self-awareness, resist the pressure to conform to societal expectations, harness your creativity, celebrate your uniqueness, and approach everyone as unique individuals.



By speaking up and letting a Type 1 hear this advice it will reveal blind spots in their way of thinking and help them find balance and integration in their lives. The following list is in no way exhaustive, but will get you thinking about how practical the Enneagram can be in helping people move forward in life and to see their situation from a new perspective.

This kind of work can be done for every person.

Here is a brief list of some of the advice each of the other Types might give:

Type 1: Enneagram Type 1 suggests the following guidance: Be accountable, choose the ethical path, avoid procrastination, create and organize a "to-do" list, prioritize tasks, complete your work diligently, and refrain from making excuses.

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Type 3: Enneagram Type 3 offers these helpful tips: Establish clear objectives, be persistent in reaching new heights, exude charm and professionalism, maintain high energy levels, have confidence in yourself, complete your tasks efficiently, and continuously pursue personal growth and self-improvement.

Type 5: Enneagram Type 5 shares these words of wisdom: Embrace your independence, avoid getting overly influenced by others, set healthy boundaries, continually learn and expand your knowledge, concentrate on specific areas of interest, understand that less can be more, and remember that you may not require everything you think you do.

Type 6: Enneagram Type 6 offers these insights: Develop a strategy, offer help to others, connect with your community, stay vigilant and aware, be approachable, choose your beliefs and stand by them, uplift others, question and verify before trusting others, maintain honesty, anticipate obstacles and plan accordingly.

Type 8: Enneagram Type 8 suggests these guidelines: Embrace your personal power, take charge of your life and your beliefs, don't shy away from confrontation, voice your opinions, push yourself and others to grow, assume responsibility for your own life, and stop relying on others to save you.

Know Your Goal

Another approach is to think about the goals you have set for yourself in life. You may have written these goals down on a piece of paper, but if I observed how you spend your time, money, and focus, I would likely see you doing things that do not align with your stated goals. This happens because your personality type has its own fundamental goals that drive you in a certain direction, whether you're aware of it or not.

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The Enneagram can help you identify these fundamental goals for your type. Once you understand what already motivates you, you can challenge these goals and align them with your stated goals to make progress toward what you truly want in life. It's not that you need more motivation, but rather that you may need to recognize that you are already motivated toward something else instead of your stated goals. By recognizing this, you can challenge your fundamental goals and take active steps towards your stated goals to achieve what you really want in life.



For instance, an Enneagram Type 9 may have a stated goal of working diligently and performing well in order to be considered for an assistant manager position when it becomes available. However, they may find that this stated goal of climbing the career ladder conflicts with their fundamental goal of maintaining peace and harmony. When faced with a situation that requires confronting a coworker who is underperforming, they may struggle to address the issue effectively. This is because their deep-rooted desire to maintain a harmonious environment is not in line with the assertiveness and decisive action needed to be an effective manager. In such cases, the Type 9 individual must learn to balance their core priorities with the requirements of their desired role in order to achieve their goals.

As a person becomes aware that this conflict between goals is going on, they are better able to choose what they really want in life rather than just existing on autopilot.

Finding Balance On Your Wings

It's important to understand how you relate to your wings when using the Enneagram. To begin moving towards better health, it's helpful to examine how you relate to both of your wings. Typically, one wing will be more dominant, but exploring the other wing can bring valuable insights. Both wings are essential for a balanced life as they help us navigate life's challenges.

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Learning to balance on our wings leads to a well-rounded approach to life, but clients may not realize this. Balancing on our wings makes it easier to solve problems, relate to others, and navigate relationships. Think of wings as pontoons on a boat that keep us stable. We can also think of our wings as neighbors we can borrow from in times of need.



It's important to recognize the positive traits of our less dominant wing and ask ourselves if incorporating them could help us in a certain situation. However, leaning on our less dominant wing can be challenging for many people. We may do it more in some contexts than others, and during times of stress, we may think our less dominant wing is actually our more dominant one.

It's normal to feel awkward or uncomfortable when facing problems while leaning on our less dominant wing, and we may naturally avoid or resist this approach. It's important to ask ourselves if being more like our less dominant wing could make our lives better, and even though it may be difficult, it's definitely possible.

When we face challenges or problems in our lives, some of them may feel more difficult to handle than others. This is often because they may require us to use traits or behaviors that are not comfortable or natural for our dominant wing or main personality type. For example, some challenges may require us to be more assertive, accepting, or in touch with our emotions than we typically are. These challenges may feel like problems because they force us to rely on our less dominant wing to resolve them, which can be uncomfortable and unpleasant.

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Instead of leaning into our less dominant wing to tackle these challenges, we may tend to move towards our number of disintegration, which is the type that we look like when we are under stress. This happens when we resist using our less dominant wing to solve the problem, and it can lead to further difficulties and challenges. For example, a Type 8 may resist leaning into their 9 wing (being more understanding and less reactionary) and then end up looking like a withdrawn Type 5 in a negative way (disconnecting and disengaging from others).

The Enneagram system not only identifies our core personality type but also highlights the influence of adjacent "wing" types. These wings can provide us with additional resources and perspectives to help us address challenges more effectively. As we begin to explore and integrate our less dominant wing, we may find that we need to adopt more assertive, compliant, or withdrawn behaviors in order to work through specific problems.

For example, if someone is a Type 2 with a dominant 3 wing, they may benefit from leaning into their less dominant 1 wing when they need to establish boundaries or uphold their personal values. This might require them to be more assertive or compliant than they typically are in order to address the issue at hand.

By embracing the qualities of our less dominant wing, we can expand our range of coping strategies and better navigate the complexities of life. This approach enables us to develop greater self-awareness, personal growth, and resilience as we confront various challenges and work towards our goals.

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Observe And Report, Not Force Or Fix

To clarify, the Enneagram is not a tool for forcing ourselves to change, but rather for understanding and observing our personality tendencies. The goal is to recognize how much our impulses and compulsions dictate our lives and to become less controlled by them. By observing ourselves in the present moment, we can catch our impulses and make alternate choices that align with our stated goals for our lives. This helps us separate from our personality and create space between our "true" self and our "false" self. Ultimately, the Enneagram is a tool for personal growth and self-awareness, not a means of fixing or changing ourselves and certainly not for shaming others.

When we become aware of our actions in the present moment, we may realize that we don't actually want to engage in certain behaviors that we were previously invested in. By breaking away from the patterns and habits dictated by our personality and staying present, even through discomfort, we can connect with our true selves.

In that moment, we recognize that our personality has been controlling our actions, and we've been passively allowing it to do so, like a "zombie," as Beatrice Chestnut puts it. The objective is to reconnect with who we were before our personality took over. While our personality type can help us understand ourselves, it shouldn't be used as an excuse for our behavior.

What Works For You Sometimes Works Against You

It's essential to recognize that our impulses and compulsions, while often rooted in our Enneagram type, can both benefit and hinder us depending on the context. Here are some examples of how these tendencies might play out in various situations:



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Type 1: While the urge to identify and correct errors is helpful at work, it can be problematic when trying to relax and enjoy a vacation, leading to unnecessary stress.

Type 2: Noticing and fulfilling others' needs can lead to personal neglect, as the individual might consistently overlook their own unspoken needs, ultimately causing feelings of resentment.

Type 3: Competitiveness and the desire to win can drive success in sports but can be detrimental in personal relationships where collaboration and understanding are key.

Type 4: The tendency to identify uniqueness or what's missing is valuable in creative pursuits but can create tensions and misunderstandings during family gatherings.

Type 5: Limiting needs and maintaining boundaries can facilitate deep focus in research but may create distance and harm intimate relationships.

Type 6: The ability to identify potential problems and prepare solutions is helpful at work but can lead to mistrust and frustration among friends and family when constantly expecting the worst.

Type 7: Actively pursuing excitement and fun is great when on vacation, but it's inappropriate during somber events like funerals, where it might come across as disrespectful.

Type 8: Standing up for oneself is useful when dealing with a pushy salesman, but it can escalate situations and cause problems when confronting law enforcement.

Type 9: Being able to relax and let things go can help ease tense situations, but it may create issues when tasks accumulate and require prioritization.

Understanding and awareness are crucial in navigating these tendencies, as they don't have to dictate our thoughts or decision-making processes. By developing self-awareness, we can better adapt our behavior and responses to different situations, leading to healthier and more balanced lives.

Challenging Your Impulses

Challenge the thought patterns – "Maybe I'm just experiencing emotions specific to my personality type."

Assist the client in exploring these thoughts:

- *"Do the impulses controlling me genuinely lead to the best life possible?"*
- *"Is there an actual issue when I feel impulsive or compelled, or am I just experiencing emotions tied to my personality type?"*
- *"Could I relate to others more effectively if I weren't so influenced by my impulses?"*
- *"By acting on my impulses, will it bring the best outcome for me and my relationships?"*
- *"Is this line of thinking or compulsion in my best interest?"*
- *"Will following my impulses make me more relatable to others?"*
- *"Is acting on this impulse truly necessary right now?"*
- *"What might happen if I pause for a moment?"*
- *"What could be the outcome if I choose to do nothing, or take action contrary to my impulsive urge?"*
- *"What alternative choices can I consider instead of succumbing to my compulsion?"*
- *"Would I be as committed to this course of action if I were a different personality type?"*

When needed, override these patterns and consciously choose what you truly want in life.

Understanding our personality type is just the beginning, not the final goal. It provides valuable information to help guide us on a more extensive journey of self-discovery. By becoming aware of our personality type's automatic reactions, impulses, and compulsions, we can limit their dominance over us and become more mindful and present in our lives.

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As we recognize these mechanical responses, we can disengage from them and experience increased freedom. This allows us to acknowledge the reality around and within us, and to reframe situations in a more positive, supportive way that aligns with our life goals.



A Matter Of Perspective

The Enneagram reveals how we often perceive an illusory world due to unnecessary defenses, mistaking our ideas and feelings about reality for reality itself. By breaking free from these limitations, we can make healthier choices and respond more adaptively to life's challenges.

When we lack awareness, we tend to over-identify with our emotions in the present moment. Expressions like "I am frustrated" or "I am lonely" might lead us to believe that our feelings define us. However, it's crucial to recognize that our emotions are temporary and don't constitute our entire reality.

By acknowledging that our feelings provide only one source of information, we can observe them as they arise, impact us, and eventually fade away. Like leaves floating on a stream, we can choose to act on or let go of our thoughts, emotions, and impulses.

Additionally, we should strive to be more conscious of our actions, as many of them occur on autopilot. When we over-identify with our personalities, we may forget our true selves and become confined by these limitations. It's important to remember that we are individuals with personalities, rather than being defined solely by them.

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When we stop defending our personalities and over-identifying with them, we can transcend their constraints to some degree and discover our deeper selves. As we become less attached to our personalities, they make up a smaller portion of our identities. According to Helen Palmer, knowing our personality type allows us to begin to set it aside and focus on embodying higher consciousness. This shift leads to increased active intelligence and a greater presence in life.

Living Our Purpose

The Enneagram not only helps individuals become more balanced, and healthy, and improves their relationships, but it also assists in discovering their unique purpose in life. Understanding your personality type in a healthier state can guide you toward your life's purpose and clarify your role in the world.

This knowledge can be helpful when deciding on a career path or determining where to focus your attention and interests. By knowing your life's purpose, you can narrow down the options and choose those that align with your true self and your giftedness and interests.



Recognizing your purpose in life can be a transformative moment. Many people may find themselves drifting from one unsatisfying job or hobby to another, but once they understand their purpose, they often experience a sense of empowerment and alignment. This realization inspires them to live beyond their impulses and compulsions and strive for personal growth. People become aware that the very thing they seek in average health is what they offer to others in their health.

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For instance, a Type 7 under stress tends to search for external sources of happiness, fulfillment, satisfaction, and excitement. When they can create some distance between themselves and their personality type, they gain the ability to bring those qualities into their world, transforming themselves into a source of joy, happiness, excitement, and inspiration for others. This principle applies to every Enneagram type: what we pursue in average health (or unhealth) is what we can bring and share with others when we are healthy.

This awareness helps individuals focus on fully sharing their gifts with the world, which in turn can guide them in discovering their life's purpose. When we understand our purpose, it can inform the type of job we pursue, keeping in mind that the specific job is secondary to fulfilling our life's purpose. By recognizing and embracing our innate gifts, we can live more authentically and make a meaningful impact on the world around us.



What's Your Recipe?

Imagine that every Enneagram type brings a unique dish to a shared dinner. While we all have the freedom to choose our contributions and paths in life, each of us inherently offers something valuable wherever we go. It's essential to recognize and refine our special dish to bless others' lives. Your chosen career may not be limited by your Enneagram type, but the way you consistently show up and your values will likely align with your type.

Understanding your unique contribution allows you to focus on your strengths and maximize your impact in the world. Others rely on your special input, and your presence will be missed if you don't share your perspective. Embrace your Enneagram type and the gifts it brings to the world around you.

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Consider this as an initial step to reflect on your unique contribution to the lives of others, your workplace, and the broader context of the world. Keep in mind that this is merely a starting point and not an exhaustive list of your potential accomplishments or the ways you can positively impact the world.

As you can see from the following list, every team needs each of these contributions in order to maximize their potential for effectiveness.

Type 1 (Goodness/Order/Responsibility) contributes to the world by creating structure, order, and a sense of goodness. They improve and organize their environments and the organizations they are involved with. Constantly working towards betterment, they mentor and teach others how to enhance their lives. Type 1s transform disorder into order and harmony.

Type 2 (Love) infuses the world with compassion, love, connection, and kindness. They help create warm, loving, and friendly environments in the organizations they work with. Type 2s support and defend the outcast, the weak, and the vulnerable, ensuring that others feel welcome and at ease. They act as a beacon of light amid the darkness.

Type 3 (Effectiveness/Ability) fosters a positive "can-do" attitude and encourages people to believe in themselves, promoting growth and self-improvement. They support others in realizing their potential and achieving what they couldn't have done alone. Type 3s assist in setting goals, boosting productivity, and guiding individuals to reach their full potential.

Type 4 (Creativity/Understanding) introduces acceptance, honesty, understanding, empathy, and appreciation for the beauty found in imperfection. They encourage exploration of life's darker aspects and the shadows within ourselves. Type 4s create an environment where others can be genuine, honest, and truly heard. They value people for who they are, regardless of their abilities or shortcomings. By listening and connecting without judgment, Type 4s help others feel understood and validated.

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Type 5 (Wisdom/Knowledge) contributes curiosity, knowledge, understanding, objectivity, and sufficiency to the world. They challenge others to seek understanding and inspire them to learn and conduct their own research. Type 5s respect boundaries and encourage people to explore and gain a deeper understanding of the world they inhabit.

Type 6 (Faithfulness/Security) provides security, safety, support, and resilience to the world. They offer others a reliable support system that remains steadfast even during the darkest moments. With the knowledge that they won't be abandoned during difficult times, people learn loyalty and unwavering determination from the diligent Type 6 "Trooper."

Type 7 (Joy, Inspiration) introduces a lighthearted, easy-going, and confident joy to the world. They reassure others that life will be okay, as there is a larger plan unfolding beyond our perception. Type 7s encourage focusing on what brings happiness and joy, treating life as an adventure worth exploring. They promote the belief that life is worth living well, and that failures and hardships are not the end, but part of the journey.

Type 8 (Power/Strength) imparts power, strength, determination, justice, and truth to the world. They inspire and empower others, helping them realize their ability to choose their own destiny. Type 8s emphasize that everyone has control over their own life and should take ownership of it. They advocate for truth and justice to protect each person's right to live unencumbered by external influences.

Type 9 (Peace) introduces peace, harmony, tranquility, and comfort to the world. They remind us that life is not meant to be constantly fought against, and that not everything is under our control. Accepting each day as a gift, Type 9s encourage embracing the good, the bad, the difficult, and the joyful aspects of life. They promote managing conflict and restoring relationships, healing crises and discord. Type 9s also assist people in getting in touch with themselves to discover their true desires, something that they themselves may struggle with.

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You Can Do It

You have the power within you to make a significant difference in the lives of others. As you put your knowledge into practice and commit to your personal and professional growth, you will come alongside people, providing warmth, empathy, and support. You will hear their stories, validate their experiences, and create a safe space where they feel heard and understood.



At the same time, you will also challenge your clients to push past their self-imposed limitations, motivating them to embrace their potential and achieve greatness. Your unwavering belief in their abilities and gentle guidance will inspire them to face their fears and work towards their dreams.

As you embark on this journey, remember that you, too, are capable of achieving great things. The impact you have on the lives of others will not only bring fulfillment and purpose to your work but also enrich your own life. You will learn from your clients, grow through the challenges, and experience the joy that comes from witnessing the transformation of those you support.

So embrace the opportunity to make a difference in the lives of others, and trust that you have what it takes to be a catalyst for change. Your passion, dedication, and genuine desire to help others will drive you forward and allow you to achieve great things. Remember, your warmth and empathy, combined with a healthy dose of challenge, can empower others to find their purpose and make the most of their lives. Together, you and your clients will journey toward personal growth, fulfillment, and success.

Enroll In The Course

**Join Dr. Tom LaHue in his course on
Enneagram Coaching
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YOU CAN HELP PEOPLE TODAY!

Unlock the transformative power of the Enneagram and revolutionize your coaching practice with "Basics Of Enneagram Coaching."

This practical guide introduces you to the ancient wisdom of the Enneagram and its application in modern-day coaching. Step by step, you will learn how to decode the nine distinct personality types, master the art of coaching, and empower clients on their journey of self-discovery and personal growth.

You will discover: A comprehensive introduction to the Enneagram, its history, and significance in coaching. Detailed descriptions of the nine personality types, their traits, strengths, and growth opportunities. Effective coaching techniques and strategies tailored to each Enneagram type.

Practical tools and exercises to help your clients delve deep into their authentic selves. Real-life coaching case studies that demonstrate the transformative power of Enneagram coaching. Tips and advice for building a successful Enneagram-based coaching practice.

Whether you are a seasoned coach looking to expand your repertoire or a beginner seeking to unlock the mysteries of the Enneagram, this book will equip you with the knowledge, skills, and confidence to enhance your coaching practice and transform lives. Let "Basics of Enneagram Coaching" be your go-to resource for leveraging the wisdom of the Enneagram and guiding your clients on their unique paths toward personal growth, self-awareness, and fulfillment.

-Dr. Tom LaHue

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