

What is the Enneagram?

Great question. I'm glad you asked!

But before we dive into the answer, here's a little about me.

I'm T - an Enneagram nerd turned certified coach. I ranch with my husband and kids in the Sandhills of Nebraska.

Since the first time I heard about the Enneagram in 2018, I've been studying, learning, taking in all the information I can, and using this tool for my own personal development.

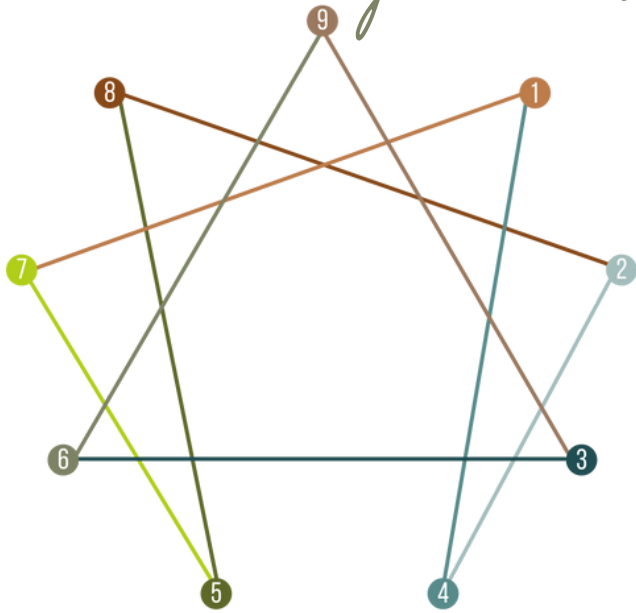
I've recently discovered/stepped into new purpose - that of drawing good movement, i.e. helping others grow in self-awareness using the tool of the Enneagram so that they might understand themselves and others better, improve their communication, and grow their relationships.

I wholeheartedly believe . . .

**GOOD MOVEMENT DRAWS
GOOD MOVEMENT**



The Enneagram is...



a personality typing system based on a person's motivation, rather than behaviors or traits. Instead of telling you what you do, the Enneagram sheds light on why you do what you do.

The Enneagram is broken out into nine numbers. Each number represents a specific core type, way of viewing the world, and taking in information.

The Enneagram is fluid and nuanced (each type is connected as indicated on the diagram above), but our core type - that's home base. Our core type never changes. We're born this type, and its correlating motivations are the lens through which we view the world and do life.

We find our core type by determining by our core motivation. Core motivations are made up of - our fear, desire, weakness/sin/struggle, and longing (what we long to hear to counter the lies we tell ourselves).

The core motivations are self-reliance, keeping the peace, perfection, love and appreciation, admiration and affirmation, uniqueness, knowledge, security and support, and happiness and fulfillment.

Some of these sound like things we all want. But in order to be our core motivation, it must be the "why" behind all that we do, our driving force if you will.

Why use this tool...

Lots of people do life just fine without the Enneagram. But, because this tool can help us understand why we are the way we are and what motivates all that we do, it can help us step out of the self-told and into God's truths.

This tool of self-discovery can positively impact the way you move through the world and interact with others.

All of our interactions start with us, within us in how we perceive the world and engage with others. Because of this, we can use the Enneagram to foster deeper self-awareness. And that self-awareness will lead to less meaningless stress, more effortless communication and constructive conversation, increased performance, and improved relationships.

This tool doesn't put us in boxes. It lets us out of the boxes we're already in, and busting out helps us gain good movement in ourselves. That then leads to drawing good movement from others. And before you know it, we're all moving forward.

What's your type?

Sign up for a Typing Session with me to discover your core type, gain a deeper understanding of the Enneagram, and get more resources to help you draw good movement.

SCHEDULE A TYPING SESSION