

ACTIVITY 1

Workshop 1: Self-Awareness & Self-Leadership

For activity 1, students must complete the Enneagram Personality Test to identify their dominant personality types and answer reflection questions. The personality test can be accessed using the following link: <https://www.truity.com/test/enneagram-personality-test>.

The Nine Types of Enneagrams

My dominant type is (highest percentage): _____

My second most dominant types is: _____

The Heart Types

Heart types react with emotions first. They connect with other people on an empathetic level, and make sense of the world by understanding their feelings about it. These types are guided by the feelings connected to their emotional relationships with other people. They value things such as emotional support, recognition, and inclusion. Types Two, Three and Four are the heart, or feeling, centered Enneagram types.

Type Two

THE GIVER

- Want to be liked
- Find ways that they can be helpful to others so that they belong
- Fears being unlovable

More info
[here:](#)



Type Three

THE ACHIEVER

- Want to be successful and admired by other people
- Very conscious of their public image
- Fear failure and not being seen as valuable by other people

More info
[here:](#)



Type Four

THE INDIVIDUALIST

- Want to be unique and to experience deep, authentic emotions
- Fear they are flawed
- Are overly focused on how they are different from other people

More info
[here:](#)



The Head Types

Head types react with analysis first. They connect with other people on an intellectual level and make sense of the world by understanding the systems and theories that underlie what they observe. These types are primarily focused on control, which they gain by maintaining stability, security, and competence. Types Five, Six, and Seven are the head-centered Enneagram types.

Type Five

THE INVESTIGATOR

- Seek understanding and knowledge
- Are more comfortable with data than other people

Type Six

THE SKEPTIC

- Are preoccupied with security and seek safety
- Like to be prepared for problems.

Type Seven

THE ENTHUSIAST

- Want to have as much fun and adventure as possible
- Are easily bored

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• Biggest fear is being overwhelmed by their own needs or the needs of other people	• Greatest fear is being unprepared and unable to defend themselves from danger	• Fear experiencing emotional pain, especially sadness, and actively seek to avoid it by staying busy
More info here: 	More info here: 	More info here: 
The Body Types Body types react with an instinctive, gut feeling. They connect with other people based on their physical sense of comfort, and make sense of the world by sensing their body's reaction to what is happening. The primary drive for this triad is to maintain their independence and limit control from outside influences. They respond by being either overly controlling, overly passive, or overly perfectionistic. Types Eight, Nine, and One are the body, or gut, centered Enneagram types.		
Type Eight  THE CHALLENGER • See themselves as strong and powerful • Seek to stand up for what they believe in • Greatest fear is to be powerless, so they focus on controlling their environment	Type Nine  THE PEACEMAKER • Like to go with the flow and let the people around them set the agenda • Fear pushing people away by prioritizing their own needs • Tend to be passive	Type One  THE PERFECTIONIST • Place a lot of emphasis on following the rules and doing things correctly • Fear being imperfect • Can be extremely strict with themselves and others
More info here: 	More info here: 	More info here: 

Adapted from <https://www.truity.com/enneagram/9-types-enneagram>

Discussion/Reflection Questions:

1. Does your enneagram capture you well?

Yes/No (circle one)

Additional Comments:

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2. Do your values line up with what they describe?
o Ex. Type 2 strive for love and belonging

Yes/No (circle one)

Additional Comments:

3. Do you see actions that might conflict with the core beliefs of your Enneagram?

Yes/No (circle one)

Additional Comments: