



EnneagramAWARE

Empowering People

Unlocking Your Potential with Self-Awareness





Knowing | Being | Doing

EnneagramAWARE operates on Treaty One territory, the traditional land of the Anishinaabe, Ininew, Anishinew, Dakota, Denesuline, and the homeland of the Red River Métis. We would like to acknowledge that the Indigenous people of this land have always known how to care for their whole being and understand the importance of being in balance with the mind, body, heart and spirit. With this in mind, we seek to be a good guest and treaty partner and learn from the wisdom shared by Indigenous peoples.



TAMARA KROEKER (She/Her)

B.Ed/Mus., IEA Cert.





PLAN FOR TODAY

- 9:30-10:30 am
 - Introduction to the Enneagram
 - Nine Types Overview
- 10:30-10:45 am - BREAK
- 10:45-11:45 am
 - Enneagram Compass Application
 - Johari Window Activity
 - Reflection and Wrap Up





Self-Awareness





Johari Window



OPEN SELF



UNSEEN SELF



HIDDEN SELF



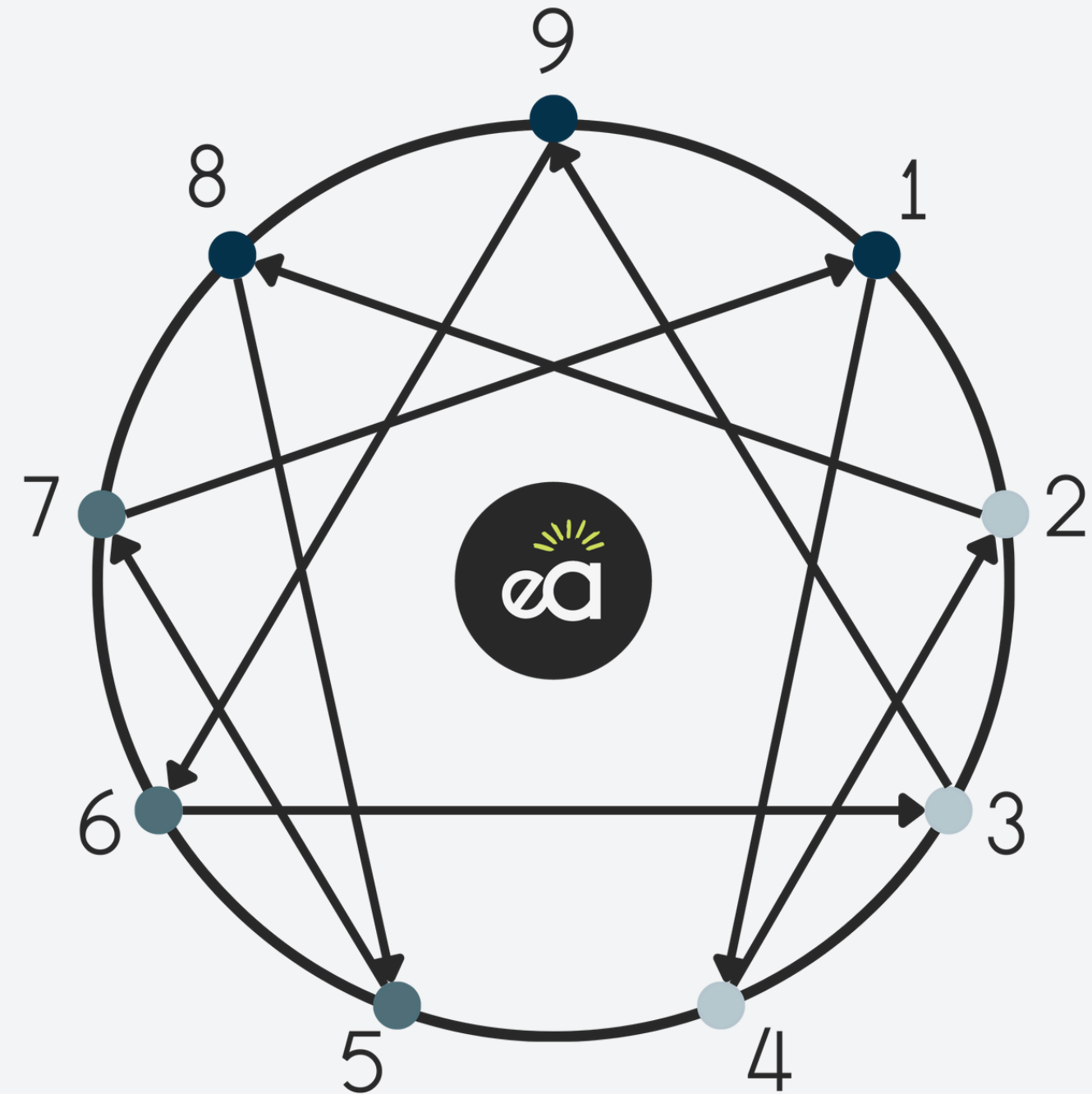
UNKNOWN SELF





What is the Enneagram?

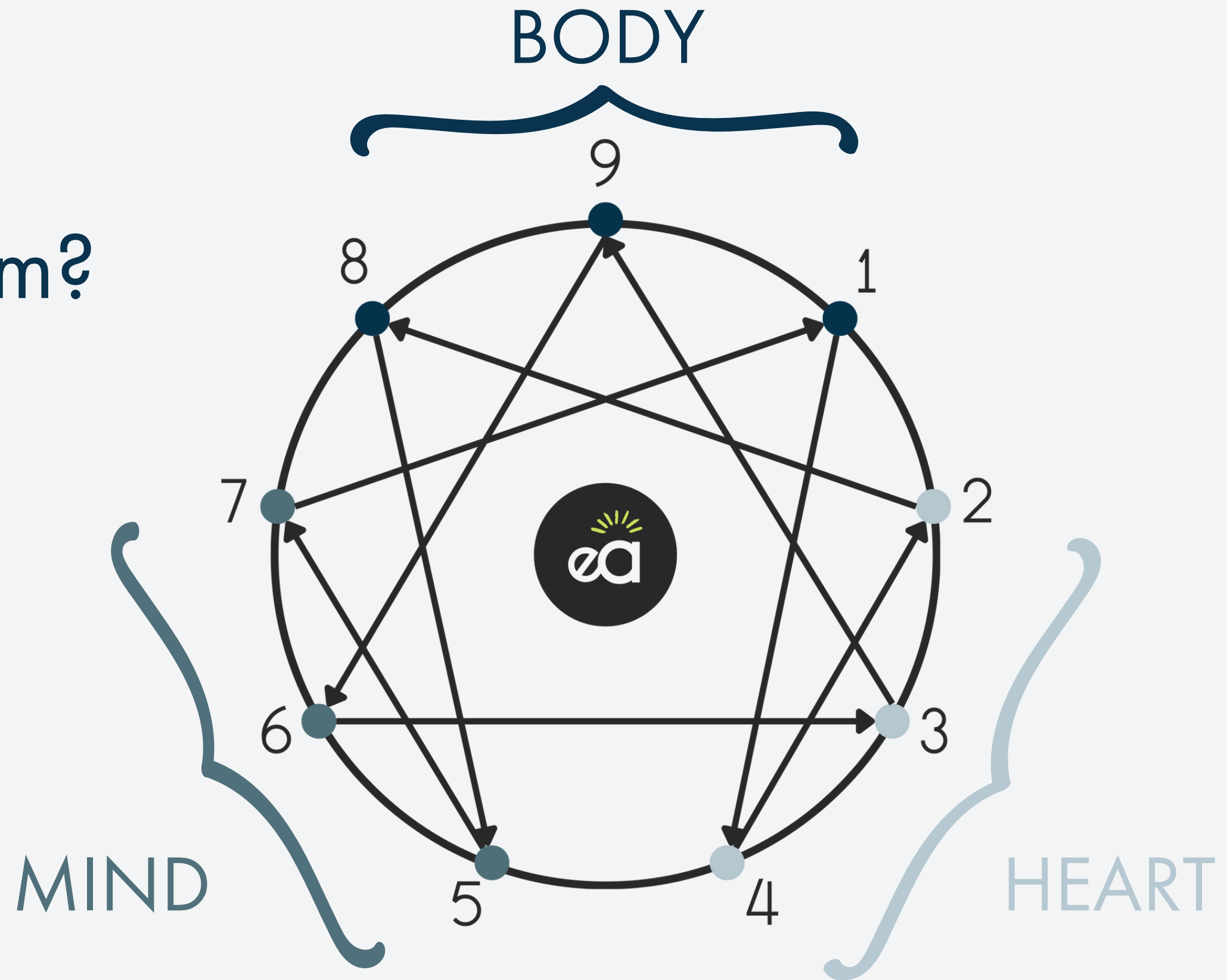
- Nine ways of seeing the world
- Groups of Three
 - Centres of Intelligence
 - Dominant Emotions
- From the Greek words:
 - "Ennea" - nine
 - "Grammos" - figure/drawing
- Names to know: Gurdjieff, Ichazo, Naranjo
- Natural Organization and Patterning





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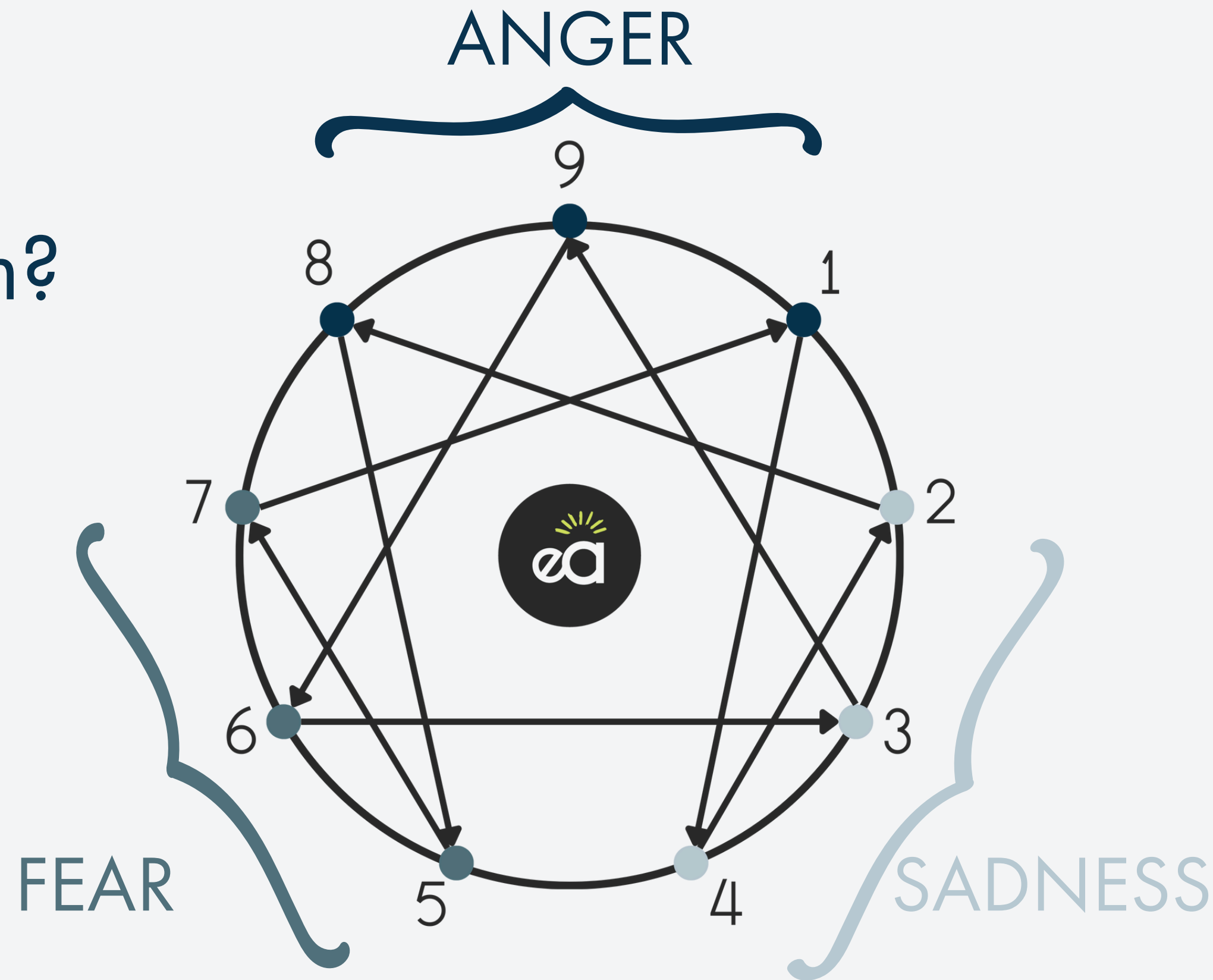
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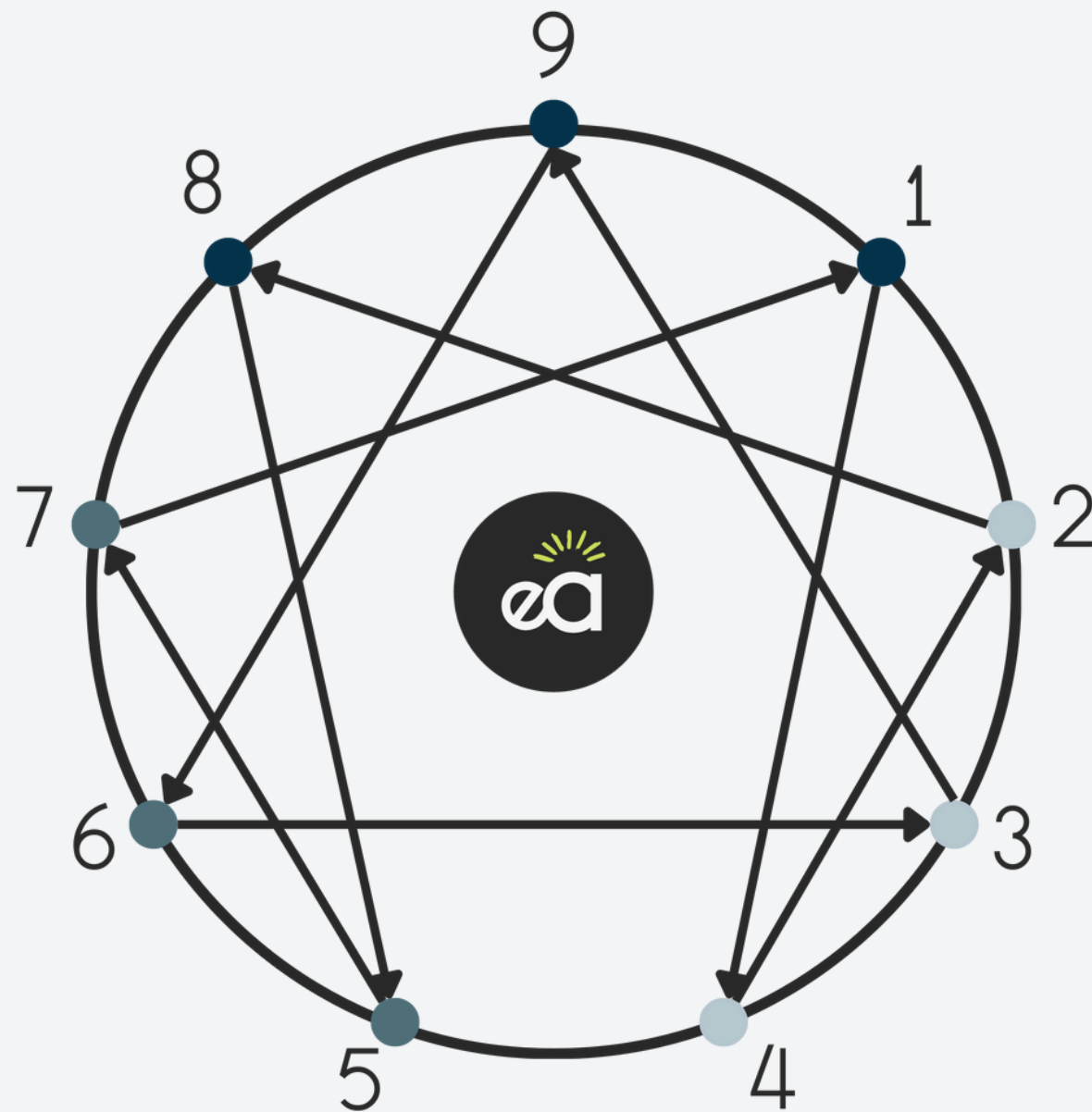
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Which Number Am I?

Think about:

- ☑ Body, Heart, Mind
- ☑ Anger, Sadness, Fear
- ☑ Wings, Arrows, Others
- ☑ What makes you feel seen and understood
- ☑ What makes you feel uncomfortable





Body Types:



- Lead with gut and five senses
- Concerned with justice and getting to action
- Seeking autonomy

Dominant Emotion: Anger



- 8 - Displays Anger
- 9 - Falls Asleep to Anger
- 1 - Controls Anger



BODY OR INSTINCTIVE TYPES

TYPE 8

POWER



Central Focus:

I focus on alleviating harm or control of myself and others.



Important Values:

I value trust, independence and honesty.



Danger Zone:

Excessive Behaviours - the need for more projects, causes, control.



Antidote:

Innocence - leading with curiosity and open exploration.

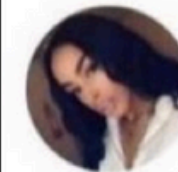


"I have a strong sense of justice and I often find myself responding to unfairness on behalf of others."



Mariah Hartjes
@mariah_hartjes

Me training a new person at my job:
"So you're not really suppose to do
this but this is what I do"



PRINCE\$\$
@dejathompsonn

Do y'all ever get pre-annoyed? Like
you already know someone about to
piss you the hell off.

TYPE 9

PEACE



Central Focus:
I focus on feeling and staying calm.



Important Values:
I value acceptance, understanding,
getting along.



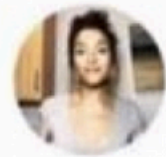
Danger Zone:
Distracting Behaviours - the need to
avoid anything uncomfortable.



Antidote:
Right Action - focusing on one important
step forward.



"I have a hard time stating my preference clearly and often go along with another person's preferences or opinions even if I don't agree completely."

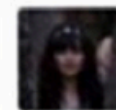


Alyssa Limperis
@alyssalimp

Me to my friends: do not settle, be brave, ask for what you want!!!

Me as the waitress brings out the wrong order: looks perfect

Type 9s to themselves



seesalt

Me: I'm gonna set a personal deadline

Me to me: She's a huge pushover do whatever you want

TYPE 1

PERFECTION



Central Focus:
I focus on avoiding being incorrect.



Important Values:
I value follow-through, high standards, consistency.



Danger Zone:
Perfectionist Behaviours - the need for ceaseless improvement.



Antidote:
Serenity - focusing on being realistic about what can/can't be improved.

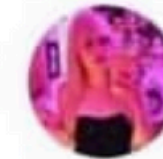


"I have a voice inside that points out mistakes or ways I can be better. It's always been there so I don't really think of it as super harsh, but I suppose someone else might."



Simon Holland ✓
@simoncholland

Ok it starts at 9 so we need to be there by 8:45 which means we need to leave by 8:10 so we need to have breakfast by...and be ready by... which means we need to wake up at....



Lane Moore ✓
@hellolanemoore

my love language is people doing exactly what they said they'd do without being reminded

4

1

3

1

2

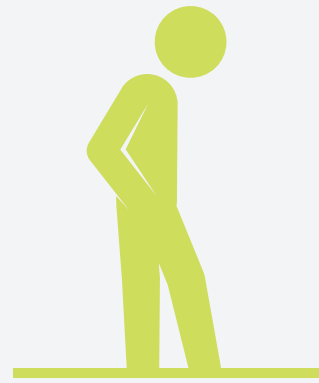


Heart Types:



- Lead with their emotions or feelings
- Concerned with reading expectations
- Seeking and evaluating connections

Dominant Emotion: Sadness



- 2 - Represses Sadness
- 3 - Denies Sadness
- 4 - Embodies Sadness



HEART OR FEELING TYPES

TYPE 2

PLEASESING



Central Focus:

I focus on helping people feel valued and loved.



Important Values:

I value kindness, connection, acknowledgement.



Danger Zone:

People-Pleasing Behaviours - the need to express excessive help/kindness.

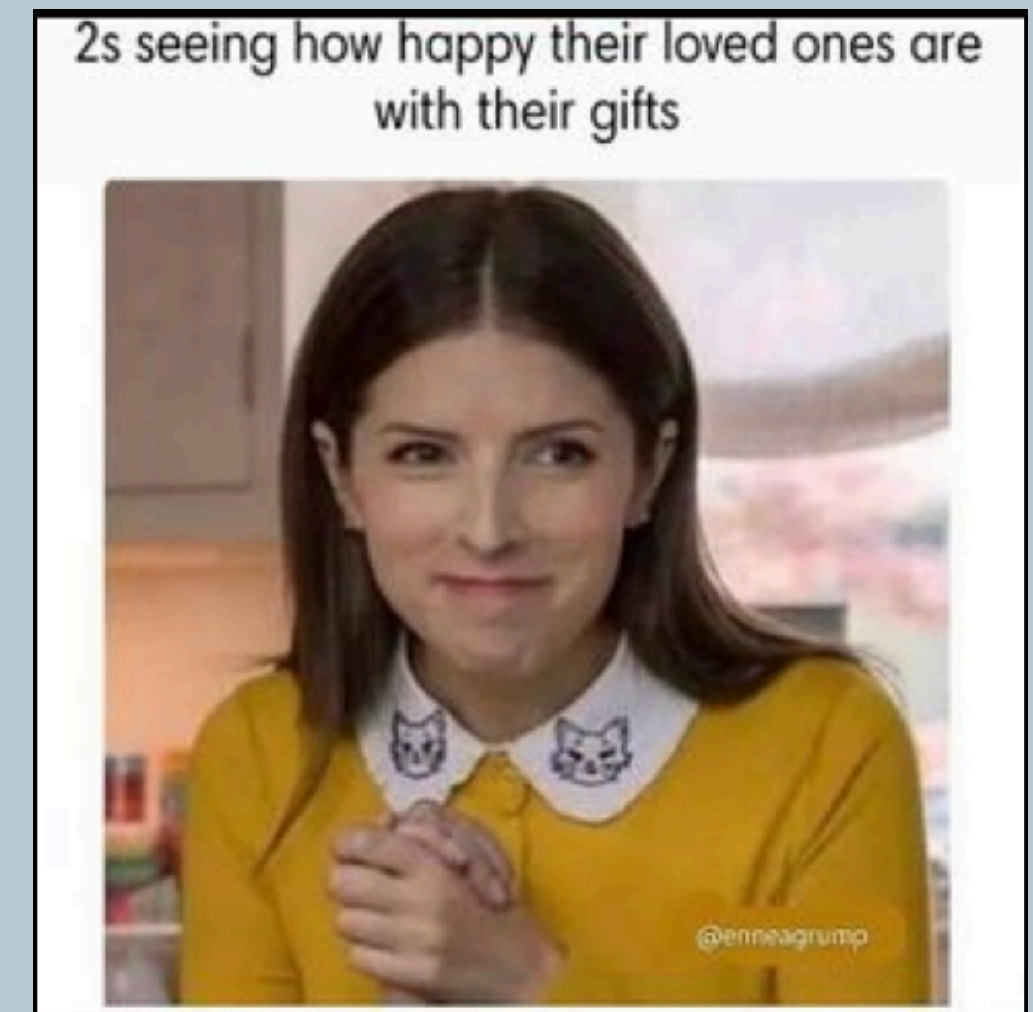


Antidote:

Humility - focusing on the acceptance of own wants/needs.

2

“I am really good at recognizing what another person needs but struggle to know what I need or want. I feel frustrated when people don’t see how much I care.”



TYPE 3

PERFORMANCE



Central Focus:

I focus on producing things of value for others.



Important Values:

I value attentiveness, efficiency, encouragement.



Danger Zone:

Adapting Behaviours - the need to adjust how things appear to feel successful.

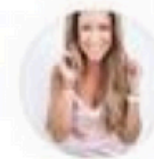


Antidote:

Honesty - focusing on an unfiltered view of the situation.

3

"I prioritize productivity and strongly dislike having my time spent inefficiently. This tendency has frequently resulted in overworking across various aspects of my life."



Sherri Innis
@sherriinnis

I don't care what you think of me... unless you think I'm awesome. Then tell me all about it. Start from the beginning, and don't leave anything out.



Na'ama 🌈
@iknowplacesmp6

Therapy went well today up until my therapist asked me to "stop trying to 'win' at therapy by being funny and gaining my approval" like okay you didn't have to be so forward about it

TYPE 4



Central Focus:

I focus on the unique importance of myself and others.



Important Values:

I value authenticity, personal expression, emotional intelligence.



Danger Zone:

Discontented Behaviours - the need to feel dissatisfied and unhappy.

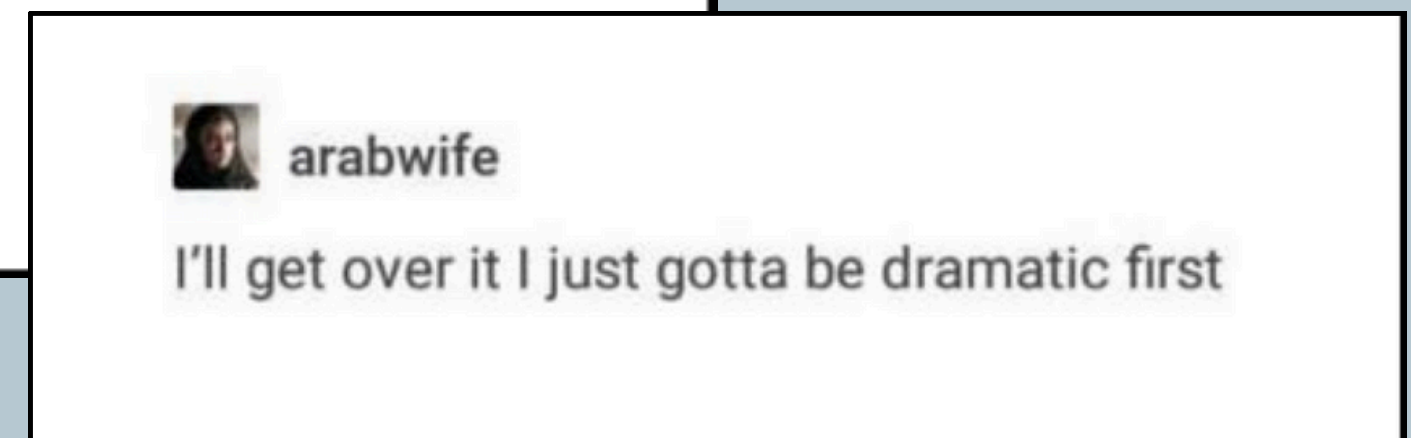


Antidote:

Equanimity - focusing on finding balance in inner and outer worlds.

4

“It’s hard to put into words what I feel when I examine my own life next to anybody else’s. I am very aware of anything that is missing on either side and find myself longing for what is lacking.”



7

-

6

-

5



Mind Types:



- Lead with thinking and reasoning
- Concerned with strategies
- Seeking security and certainty

Dominant Emotion: Fear



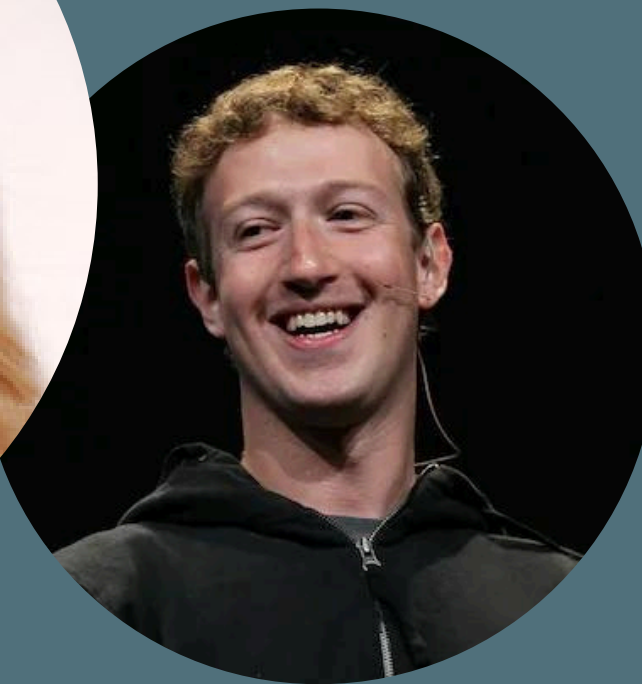
- 5 - Isolates from Fear
- 6 - Internalizes Fear
- 7 - Avoids Fear



MIND OR THINKING TYPES

TYPE 5

PRIVACY



Central Focus:

I focus on being useful, capable and competent.



Important Values:

I value competency, logic, boundaries.



Danger Zone:

Restrictive Behaviours - the need reduce use of time, space and things.



Antidote:

Non-Attachment - trusting in the give and take of life.

5

“I need privacy and alone time every day to recharge and spend time with my thoughts, feelings and imagination.”

hey sorry I can't come out tonight I need to research an incredibly specific and random topic alone and in silence for hours on end for no reason at all

Please hesitate to reach out to me



TYPE 6

PRECAUTION



Central Focus:

I focus on following guidelines and providing support for others.



Important Values:

I value certainty, clarity, teamwork.



Danger Zone:

Overprotective Behaviours - the need for excessive security and certainty.



Antidote:

Confidence - taking steps forward with courage despite uncertainty.

A large, white, stylized number '6' is positioned on the left side of the slide. It has a thick stroke and a circular bottom loop.

“I often find myself engaging in worst-case scenario thinking, envisioning potential problems and planning for contingencies. I have a plan, or two, for anything that might happen.”

Everyone knows that pressing the key fob once locks the car but only the real ones know that pressing it like eight or nine times SUPER locks it

If you're not in my circle of trust, you're probably in my triangle of suspicion or rhombus of doubt

TYPE 7

PLEASURE



Central Focus:
I focus on opportunity and possibility.



Important Values:
I value support, freedom, positivity.



Danger Zone:
Indulgent Behaviours - the need for pleasurable experiences over everything.



Antidote:
Presence - finding pleasure in simple moments in life.

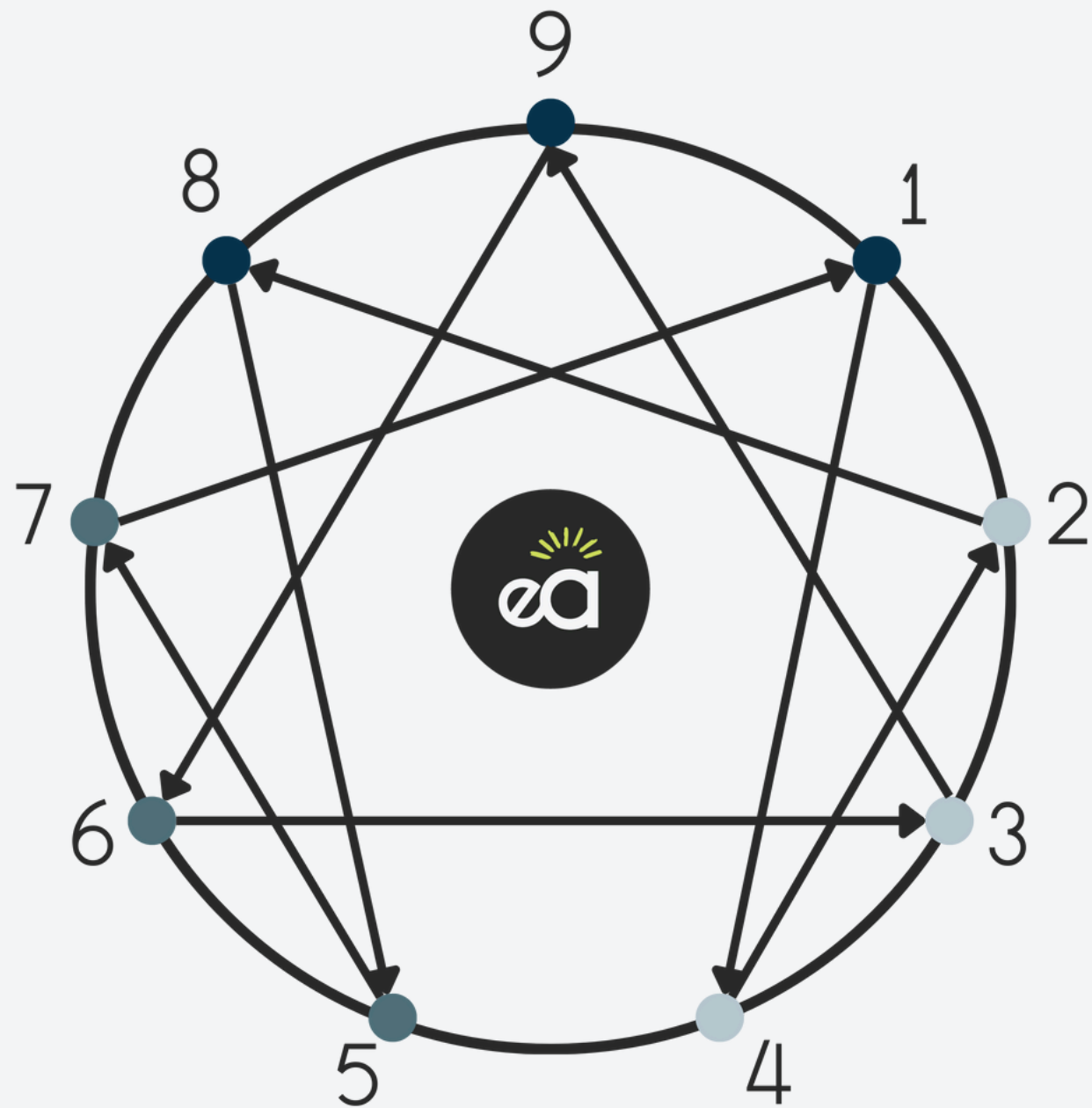
“I have a wide range of interests and I don’t like to feel confined or restricted. Sometimes this means I avoid commitments or long-term plans, I like to keep the options open!”

I’m stuck between I need to save money and you only live once.



Close to Classy
@closetoclassy

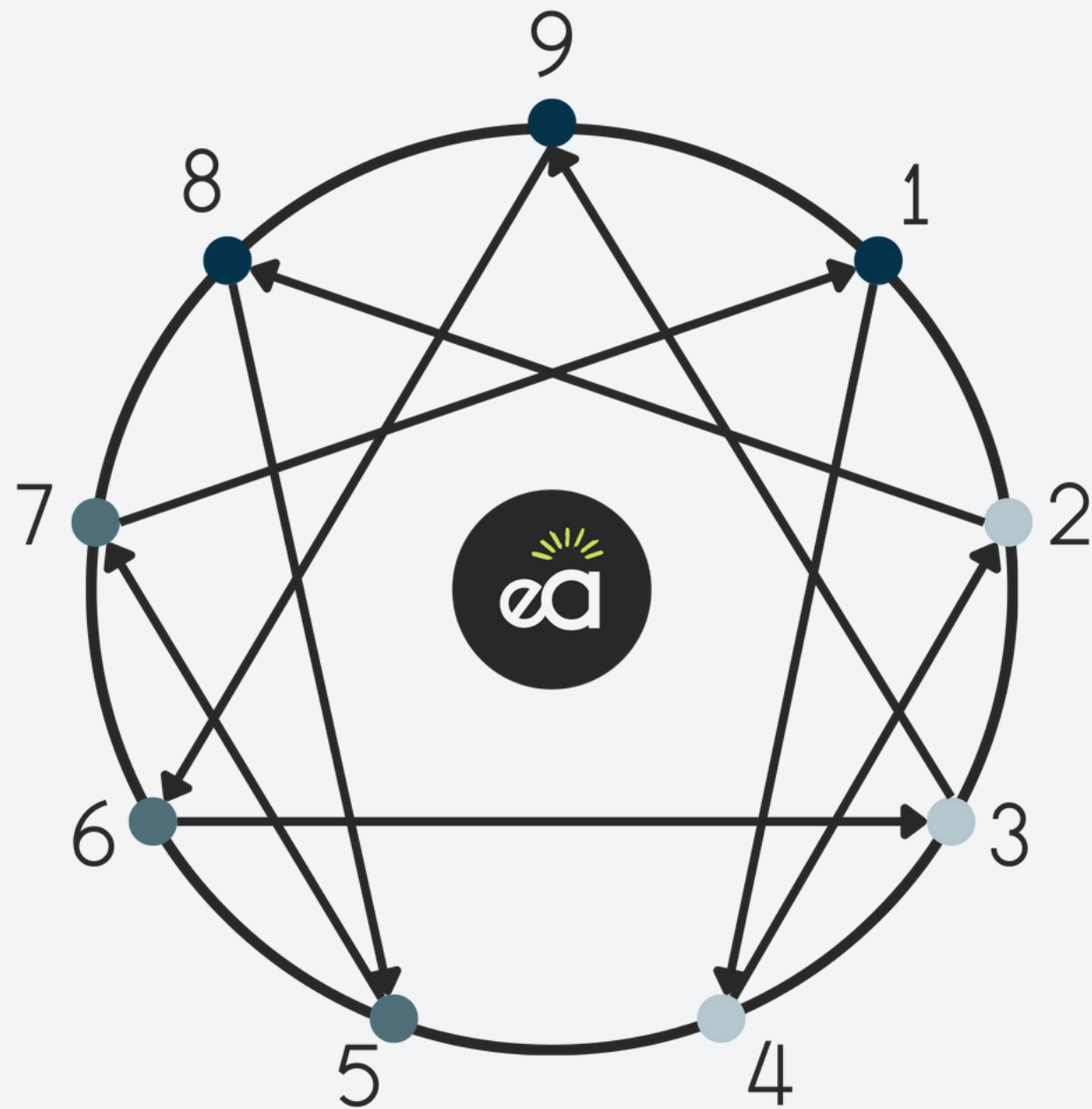
I guess some people start a task and then just finish it instead of trying to do 14 things at once like a squirrel on cocaine



QUESTIONS/
COMMENTS



PERSONAL APPLICATION



Self-Reflection
vs.
Self-Observation



WHAT YOU BRING TO THE TABLE

Enneagram Compass: Type Strengths (Page 8)

1. Identify one strength you use daily.
2. Use it in a new way this week.
3. Shift your mindset: Instead of “What’s wrong with me?” try
“How can I use what I’m already good at to make an impact?”



GROWTH EDGES THAT HELP YOU IMPROVE

Enneagram Compass: Type Challenges (Page 9)

1. Identify one challenge that shows up at work.
2. Take a small step to address it—ask for feedback, pause before reacting, or approach a task differently.
3. Shift your mindset: Instead of “This is just how I am,” try
“How can I grow in a way that supports me and my team?”

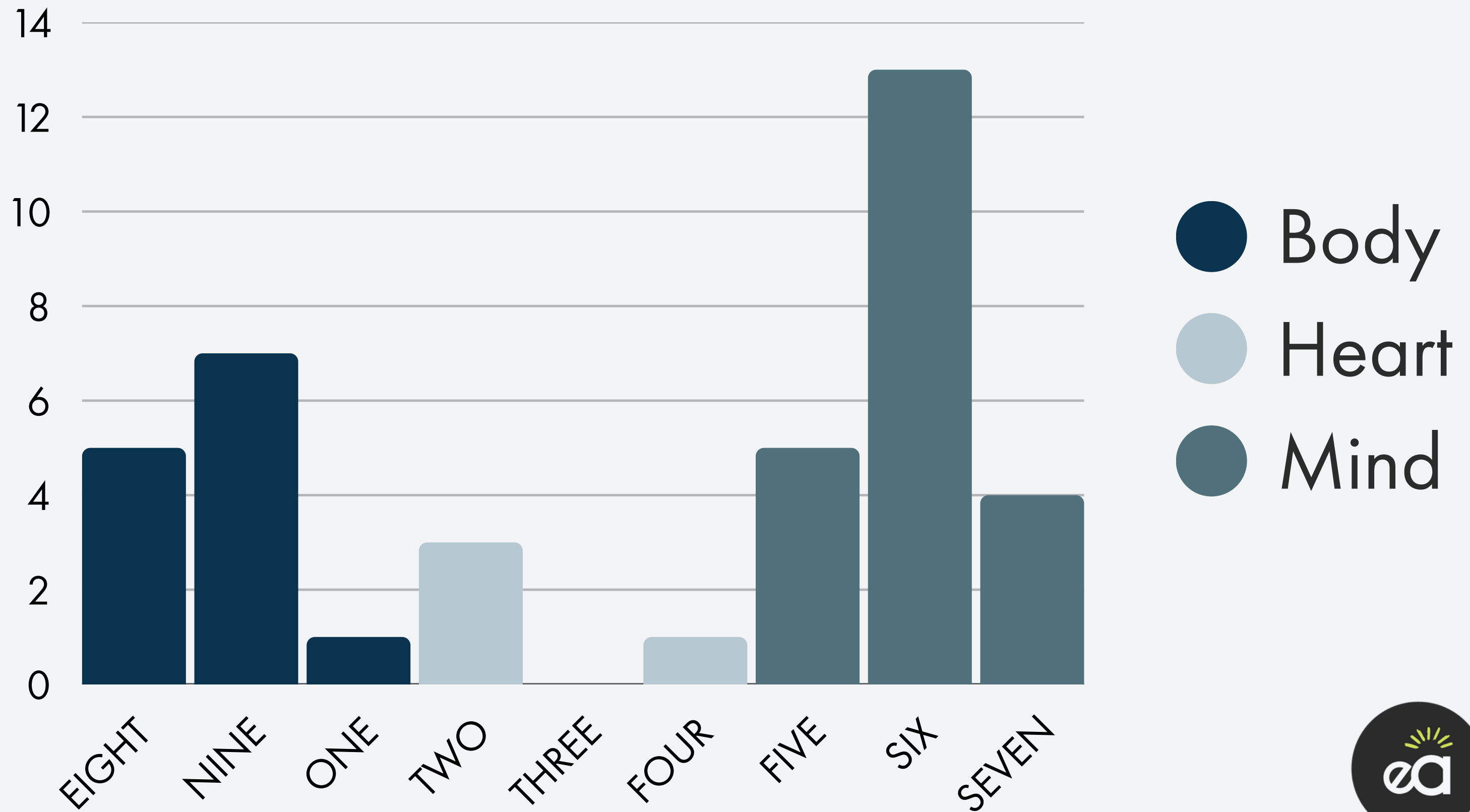


HOW YOU INTERACT WITH YOUR TEAM

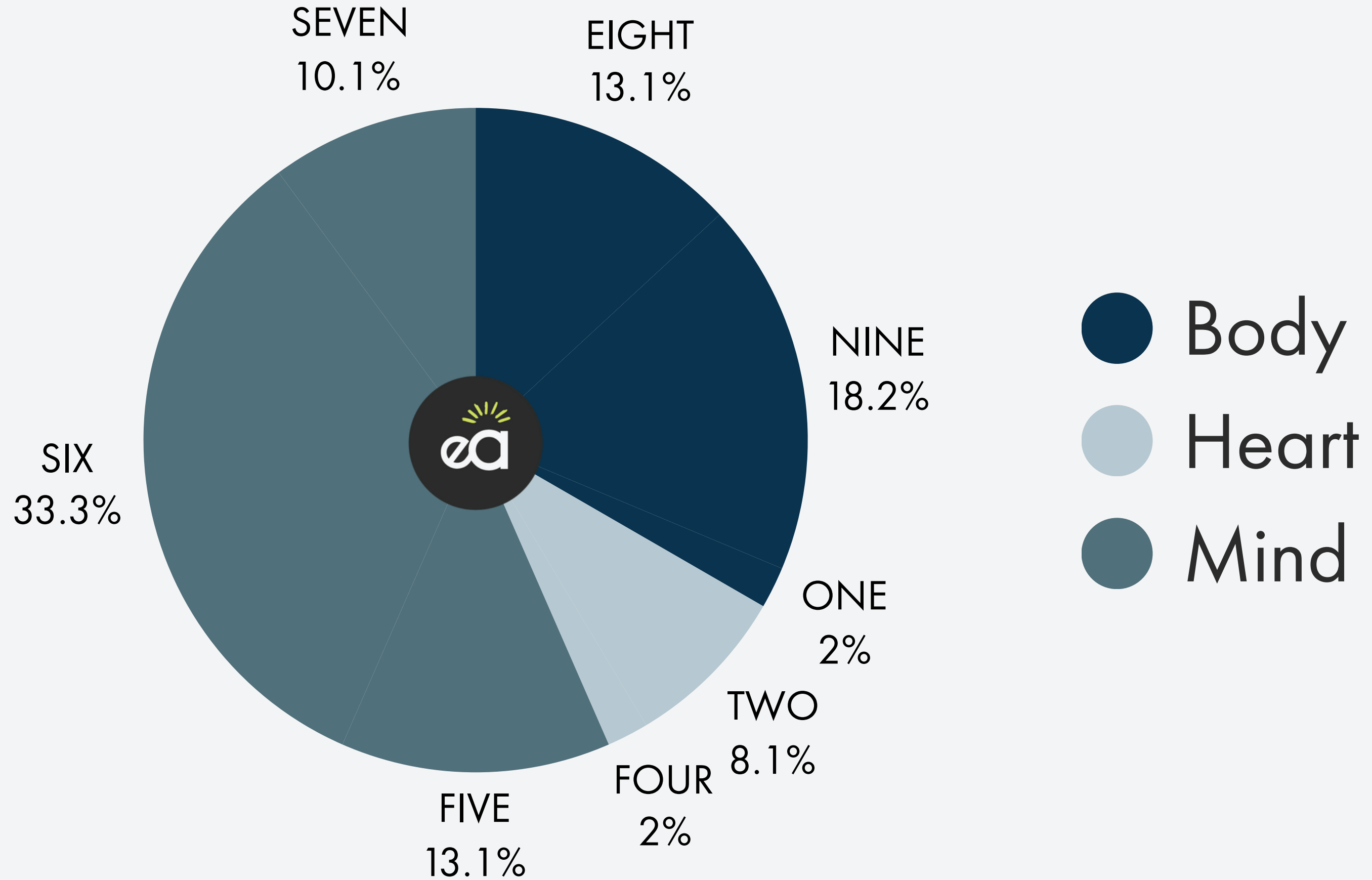
Enneagram Compass: In Relation to Others (Page 10)

1. Identify one relational habit that you like about yourself and others have observed.
2. Notice and celebrate when you see that relational pattern in action.
3. Shift your mindset: Instead of “They don’t get me,” try “How can I communicate in a way that builds connection?”

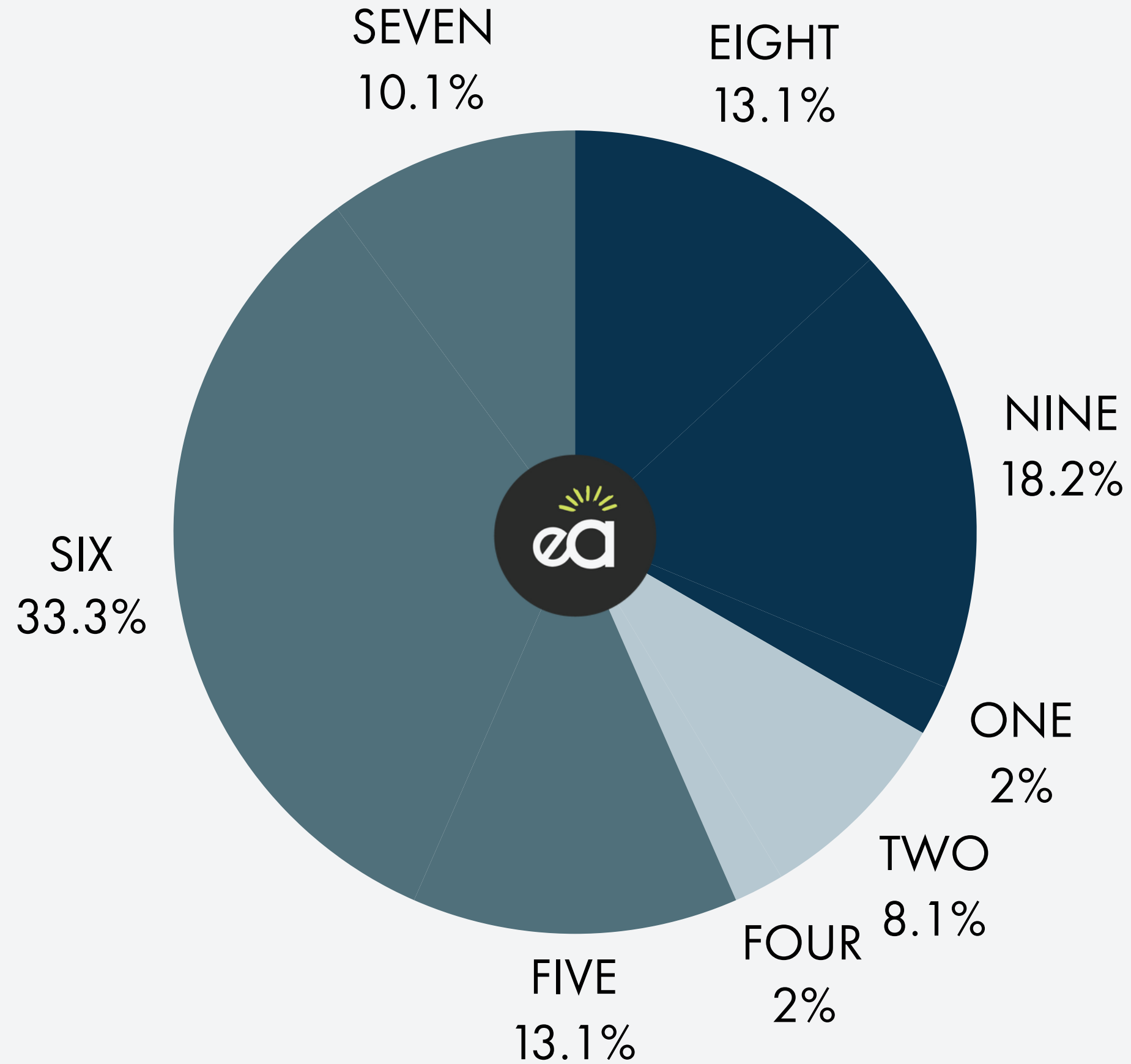
BRANDON UNIVERSITY



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Strategic Thinking
Long-Term Planning
Curious and Innovative



Analysis Paralysis
Hyper Independence
Skepticism

Johari Window



1. OPEN SELF

2. UNSEEN SELF

3. HIDDEN SELF

4. UNKNOWN SELF



Reassuring	Image-Conscious	Over-Extended	Complex	Energetic	Suspicious
Confrontational	Engaging	High-Spirited	Friendly	Warm	Scattered
Alert	Supportive	Rational	Intense	Hardworking	Adaptable
Complacent	Enthusiastic	Expressive	Willful	Passionate	Playful
Perceptive	Purposeful	Responsible	Direct	Secretive	Excelling
Self-Controlled	Trustworthy	Hard-working	Disciplined	Possessive	Assertive
Emotional	Self-Assured	Idealist	Spontaneous	Self-Confident	Introspective
Understanding	Optimistic	Agreeable	Generous	Rigid	Caring
Dramatic	Conscientious	Individual	Creative	Charismatic	Security-Oriented
Extroverted	Committed	Reliable	Success-Oriented	Insightful	Empathetic
Busy	People-Pleasing	Driven	Cerebral	Comfort-seeker	Resilient
Perceptive	Charming	Sensitive	Innovative	Demonstrative	Inquisitive

Johari Window





JOHARI WINDOW REFLECTION

1. What adjectives from your teammates surprised you the most? Why?
2. Which words reinforce what you already believed about yourself?
3. Are there any adjectives you don't agree with? If so, what makes you resist them?

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Unlocking Your Potential with Self-Awareness

