

What Is Enneagram?



The Enneagram breaks down the patterns of human behaviour into nine personality types that have different, yet interconnected ways of perceiving and experiencing the world, enabling us to understand some of the most important questions in life like – ‘Who am I? Why do I do what I do? How do I think, act, and feel? How do I work on areas of my personality that I have been wanting to develop/enhance? How can I be more successful and satisfied in life?’

Principles of Enneagram

When working with Enneagram there are some basic principles that one should keep in mind

No Type is inherently better or worse than any other type. All Types have their Innate Talents as well as Challenges.

People are more than their Type. Enneagram doesn't stereotype. Everyone is a unique mixture of his or her basic type and usually a mix of two types adjacent to it called the Wings.

Enneagram focuses on the motivation of the person and not on his/her behaviour.

The 9 types are interrelated in specific ways, as indicated by the inner Lines of the symbol. They provide pathways for further growth and development.

Within the Enneagram, there is no ideal profile, and the world has diversities across personalities and each one of them helps make the world a better place. Enneagram Types are the same across all genders, races, ages, qualifications, professions, industries/sectors, states, nationalities. The above data is based on research done across various geographies and cultures.

Some Key Enneagram Concepts



Worldview is the story we tell ourselves about how the world works and what we can expect from it. It is how we see and perceive the world and the things around us.



Motivation is a process that involves biological, emotional, and social forces driving us towards our goal-oriented behaviour.



Idealised Self-Image is an image of what we should be, must be, or aspire to be, in order to be acceptable. The idealised image is chiefly a glorification of the needs that have developed.



Blind Spot is the obstructed view of an emotional area in a person's life. It can be something that a person is unaware of or something they've chosen to ignore. Often the behaviour becomes habitual and normalised.



Focus of Attention are filters that we develop based on our worldview. They allow us to notice or focus more on certain things and thereby avoid certain other things.



Wings are the Types on either side of our Main Type. They influence our Personality in both desirable and undesirable ways.



Lines connect the Enneagram Types with one another. Each type has 2 lines emerging from it. One line focuses on the behaviour of a person when s/he feels secure and moves towards growth and the other line focuses on the behaviour of a person when s/he is under stress. While the person's Main Type remains the same throughout their life, they can access their lines for making shifts in their perspectives.



Talents are special gifts we possess which are innate and can be developed by us into strengths by using the necessary skills and knowledge.



Challenges/Areas of Improvement are some traits, qualities, or abilities that we need to work on, develop or enhance.

What can you expect from your Profile?

You can use the Questa Enneagram Profile as a practical and insightful guide. It is an invaluable resource that you can use to become consciously self-aware of how to be more effective, both personally and professionally. It's engaging, relevant, useful and is an excellent way of uncovering the multiple facets of your personality.

The Main Type is identified based on how well you know yourself and on how you have responded to statements in the assessment. While reading the profile, take out some time to introspect and reflect. There could be some aspects that you are able to strongly resonate with and some that you may not associate with.

Your Enneagram Profile is a synthesis of the following aspects from the Enneagram perspective –

Who you are from the Enneagram perspective (Your Main Type)	How your Personality is formed and structured?	What does your world look like?
Your Childhood Patterns	Your Workplace Behaviour	How you make Relationships work for you?
Your key Talents and Challenges	Your Social Interaction and Conflict Resolution styles	How you use some other types of Enneagram

This profile will help you to re-point your internal compass in the direction which leads you to self-awareness and transformation.

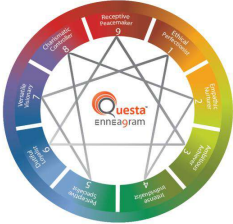
We invite you to embark on this new path of 'Self-Awareness and Re-Discovery'.

“Knowing yourself is the beginning of all wisdom”

- Aristotle

Facets of QE Assessment

These are the various components that we will be covering in your Enneagram Profile!



Main Type

The Enneagram Main Type drives the way we think, feel and act. It determines how we perceive the world around us, what motivates us, how we cope with our fears, how we work with our talents, values, and where we focus our attention. It includes the overall personality traits and characteristics that we tend to display.

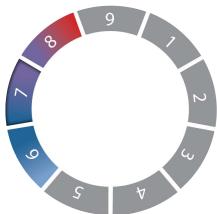
There are many facets or layers to the Enneagram. It is not just about exploring the Main Enneagram Type as that would not give us the necessary information required to understand the psychodynamics of personality and behaviours. Also, it is important to keep in mind that individuals are more than their types.

The layers in the QE- Standard Assessment profile connects the main type to –



Tri-type

The **Tri-type** which points to the fact that though we have one core motivation, we do use the other centres to balance our behaviours. The same is supported by the Triune Theory by Paul Maclean where he mentions that we have 3 centres of intelligence in our body – Head, Heart, and Gut.



Wings

The **Wings** are the types on either side of our Main Type. These Types (Wings) influence our Main Type without changing it.



Lines

The **Lines** act as the basic building blocks of Enneagram and hence are important for taking the transformational journey towards growth. While the person's Main Type remains the same throughout their life, they can access their lines for making shifts in their perspectives.

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SECTION 1

Understand Yourself through Enneagram

Though your motivation comes from your Main Enneagram Type, your Tri-type provides an additional flavour to your behaviours.



YOUR MAIN TYPE

There are nine points on the Enneagram circle that make up the Nine Types – one of these is your Main Type.

The Main Type drives the way we think, feel and act. It determines how we perceive the world around us, what motivates us, how we cope with our fears, how we work with our talents, values, and where we focus our attention. It includes the overall personality traits and characteristics that we tend to display.

Our personality type develops in our childhood and is a combination of nature versus nurture. Our personality remains constant throughout our lives, though as we grow and evolve in life, we may consciously or unconsciously use adaptive and growth strategies. The intention of the profile is to make these strategies more conscious for you.

Your Main Type

Ennea 7

The Versatile Visionary



“Every cloud has a silver lining”

Some words to describe you

**Fun-loving | Optimistic | Enthusiastic | Rebellious | Busy |
Impulsive | Curious | Scattered**

Your Personality Description as an Ennea Seven



You are someone who is motivated by the **need to be happy**, and your mind focuses on **planning enjoyable activities** which are not only fun for you but everyone around you. You are always on the move towards the next best thing. You love being in a stimulating conversation where there is lots of laughter around you.

You enjoy **travelling, experimenting** with new recipes, going to movies and plays, working on multiple projects, participating in adventurous sports like parasailing, sky diving, rock climbing, etc.

You are the **friend who people turn** to when they need cheering up, when they need some sparkle and optimism in their life.

Your **greatest desire** is to always have your needs fulfilled, and your **greatest fear** is to experience negative emotions or boredom. You automatically **reframe negative experiences into positives** ones. Your optimism helps you to see the silver lining, see the best in situations and people. This trait also helps you not deal with the unpleasant emotions which are lurking underneath.

You feel that **there aren't enough possibilities and experiences** in the world and you are the one responsible for generating fun and exciting things that the world needs.

Your **carefree way of living** often allows you to go with the flow, meet new people, and have a variety of experiences. Rightfully so, the people in your life call you their cheerleader.

You have a lot of **amazing ideas, but you struggle to follow through** to the execution. Your mind is always bubbling with ideas, and the next one may have caught your attention, so you leave the execution to be handled by other people. Because of this, people may experience you as scattered and unfocused.

At your worst, you may **shirk all your responsibilities** and can participate in risky activities in order to seek stimulation.

You may **lack patience and may have a tendency to act on an impulse**. You can acquire skills very fast, be it learning a new language, music, or dancing, and can be quite talented in many areas, but since you are always looking for the next thing to move on to, you may not become an expert and may keep dabbling in a lot of things.

The **operative word for you is 'Experience'**. You want to try everything twice, once to see what it's like and the second time to see if you liked it the first time. You don't want to limit your ability to have interesting and exciting experiences.

Limitations make you feel constrained. You start to fill your calendar with many options and future plans as you don't want to miss out on any kind of exciting experience. **Fear of missing out** keeps you on the go!

When you set your mind to it, you can usually do many things well often **cross-fertilizing one area of interest with another**. You are practical, productive, and accomplished.

You may tend to overextend yourself, get **caught up in too many things**, and can come across as **undisciplined and superficial**. You can be funny and entertaining but completely intolerant of pain or boredom.

Your **philosophy in life is glass-half-full** and you are usually quite optimistic and a happy person to be around. You have the capacity to make the ordinary into a party and you may be one of the most sought-after friends when it comes to organising a party.

A Moment of Reflection..

Always seeking exciting possibilities, you may find your mind constantly moving from one stimulating option to another. Even when engaged in one thing you may quickly find that boring and monotonous.

Reflect on what boredom means for you? How do you describe it? What does it feel like? How does your body respond to it? What sensations and emotions does it bring up for you?

Can you sit with your impulses for a brief period? Will slowing down and not being impulsive help you become more focused? Reflecting on this as a daily practice will help you stay with a thought or an idea for longer and see it to its completion.

"Visionary people face the same problems everyone else faces; but rather than get paralyzed by their problems, visionaries immediately commit themselves to finding a solution."

- Bill Hybels

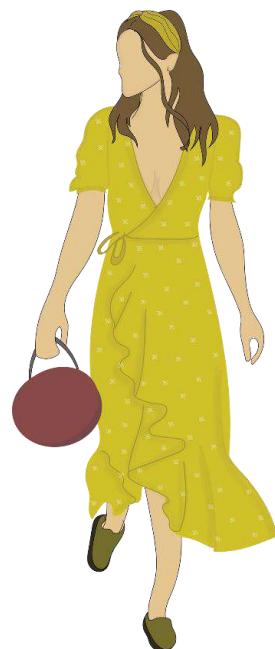


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The External World of a Versatile Visionary

How Others See You

- They see you as **enthusiastic, charming, and lively**, full of inspiring ideas, and as someone who knows how to enjoy life.
- You may be seen as someone **who avoids conflicts**, can get easily bored, can appear superficial, and doesn't finish what they start.
- You come across to others as **upbeat, engaging, optimistic, and curious** and people find that appealing about you.
- They see you as someone who is **fun to be around** and who keeps them entertained.
- Others can see you as **impatient and impulsive** and someone who can be flaky or unavailable during times of conflict, pain, or distress.



What makes it hard to be an Ennea Seven

- The feeling of being **confined and limited** when you feel stuck in a situation or project and with people for too long.
- Having a feeling that **you do not have enough time** to do all the things that you want.
- Since you like to multitask, **completing one task** from start to finish **can seem like a chore**.
- You tend to **quickly synthesize information**, and this prevents you from deep-diving into an area of interest and developing an expertise.
- Because of your **inability to sit with negative experiences**, you have a difficult time working through them.
- You feel like you are the one who has to make the world a happier place and sometimes **keeping up that expectation becomes a burden on you**.



How is Personality Formed?



Years of research on human behaviour suggests that we are born with certain predispositions (nature) but our early childhood experiences and environment (nurture) leads us to adopt certain behaviours that we think are acceptable – to ensure our safety and security. When these behaviours get repeated they become a pattern and as per neuroscience, neural pathways are created in our brain. Along with our belief system, our worldview and our motivation these patterns form our personality.

The behaviour that other people see is just the tip of the iceberg, and the rest of the personality is below the waterline. Even we may not be aware of some aspects of our personality. Any sustainable change which we intend to work with starts from below the waterline.

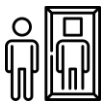
Your (Ennea Seven) Personality Structure below the Waterline



Your Worldview or your Limiting Belief - Future is full of exciting possibilities and I make the world a more delightful place. My true source of satisfaction is outside of me and I have to go find it myself because I don't depend on anyone for it.



Motivation - Is to experience life to the fullest and avoid pain.



Idealised Self Image - I am somebody and fun to be with if I am entertaining, optimistic and enlightening.



Your Focus of Attention - Forward looking; future possibilities, ideas, freedom and pursuit, what they want and need, as well as what interests them.



Blind Spots - Feelings of pain and suffering, restrictions and limitations.

The Versatile Visionary as a Child

“I like anything until I get bored with it”

- View of An Ennea Seven Child

A message which an Ennea Seven child may have subconsciously picked up during childhood could be along the lines of **‘It’s not ok to depend on anyone for anything’** so at an early age you decided to become independent by being someone who is always on the go.

You realised at an early age that the world can be a painful and boring place and hence you decided to find your own happiness and make sure that you brought joy to others.

As a child, you might have been – action-oriented and adventurous and dreamed of the freedom you will experience when you grew up.

You never stayed upset for too long, and sometimes you also felt overtly responsible for making sure that everyone was having a good time.

At times you may have felt overwhelmed, abandoned, and without support. At those times you quickly managed your panicky feeling by finding something to distract you.

You constantly desired mental stimulation and may have engaged in a lot of activities. Hence you might have been someone who participated in a play, sang at the annual function, played an instrument, or took part in sports activities.

As a kid you also loved to experiment and play, you were curious and full of energy but also got bored quickly. You truly believed in magic and would have planned adventures and imagined a life where the sky is the limit.



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An Ennea Seven at Workplace

- You like to work in **fast-paced, creative environments** that give you independence and flexibility.
- While you see the **best in yourself**, you are also able to see the **potential in others** and you are good at motivating others to be the best version of themselves.
- Your ability to **synthesize information** from a wide range of subject areas, spot patterns, connect the dots, and notice where systems overlap **makes you a very prolific idea generator**.
- Your **analytical skills and your visionary thought process** can energise teams and make you a very valuable contributor towards the vision of your organisation.
- While you are very good at the kick-starting phase, **you may quickly lose enthusiasm** and move on to the next best idea, leaving the execution to others.
- Your **approach to problem-solving** is 'let's look at the bright side' and **your belief at work** is 'things work best when I get to have fun'.



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- You **use your charm and charisma on authority figures** because you don't like authority figures who are controlling and impose too many limits on you.
- You work well in an environment where there **aren't too many hierarchies**. You want your **boss to be your friend**, so they don't control you and want your **direct report to be your friend**, so you don't have to be strict with them and manage them too formally.
- Sometimes it might be **difficult for you to make decisions** as you don't want to carry the weight of too much responsibility.
- You **don't want to deal with unpleasant emotions** at work and hence having difficult conversations with colleagues usually does not end well.
- **Focusing on projects** and work that **do not excite you is difficult for you**. It requires patience and emotional deep diving to identify and work with problems and this may be a challenge area for your professional growth.

Working on Relationships with Enneagram

Our quality of life is greatly determined by our relationships but more often than not we struggle to understand the source of conflicts in our relationships.

The Enneagram helps us realise that not everyone thinks, acts, and feels the same way as we do. This makes us open to diverse viewpoints and a greater understanding of the person we may want to deepen our relationship with.

Your understanding of who you are affects your relationships – the ones that you already have and the ones that you seek. The Enneagram enables us to look deeply within ourselves and allows us to have meaningful relationships with our family, friends, co-workers, and clients.



You as a Versatile Visionary in Relationships

- There is **never a dull moment** for your family and friends around you. Your sense of adventure, optimism, and positivity is something that people look forward to.
- You can also come across as **extremely generous** because you are always willing to help out others. Helping is another adventure for you and you enjoy doing it.
- The **happiness of people around you is as important** to you as your own.
- You may have a **hard time communicating things that have upset you** because of your fear of being trapped in emotional pain and hence any conversation around negative feelings may be difficult for you. This may lead to problems in your relationships.
- You may **not want to be in a confining relationship** because you treasure your idea of independence, sticking to a partner through thick and thin especially during stressful times may be difficult for you.
- You can be a **wonderful and an exciting companion** to your partner with your story-telling style of talking and you are genuinely interested in knowing your partner.

Reflection Exercise for Workplace



Now that you have gone through the initial section of the report, list down some of the descriptors or attributes that you felt described you. Identify the ones that describe how you want to be seen by others? What attributes do you want to keep, and which are the ones that you feel require introspection and reflection?



Have you been told that you come across as impulsive, unfocused, distracted, disorganized, unstructured, or insensitive? How does this behavior impact you and your relationships at your workplace?



Are you the one constantly sharing your exciting ideas with people? Do you give others a chance to speak up and share their views? Do you really listen to them when they talk about their views and share their ideas?



How do you respond to stress at workplace or to any kind of negative feedback given to you? How does that make you feel? How do you handle it?



Do you focus too much on ideas and planning or do you also think about how you can effectively and efficiently execute your plans and take them to fruition? Would you want to bring about a balance? While brainstorming brings in new ideas, how do you execute your plans? Is your current approach sustainable? Would you like to reflect on ways in which you can take your plans to action and completion?

Reflection Exercise for Relationships



Sevens typically want to look at the bright side of everything, no problem is too big, and every cloud has a silver lining. Are you really taking time out to tackle the deeper issues? In your relationship was there a time, place, or situation where you felt things deeply - something that evoked strong feelings? Take some time out and think about that person or event? How long are you able to stay with those emotions before you feel the need to shift your attention from them?



A desire for stimulation and excitement, added with a need for variety, keeps the Sevens on a constant move from one task to another without taking time to relax. They like to keep themselves busy and engaged. How does this impact your relationship with your family, partner, parents, and children?



Constantly dealing with the 'fear of missing out' on whatever life has to offer, Sevens are averse to committing themselves to one thing- be it a person, a social engagement, a place to live, a career, or a job - as they feel it limits them in some ways. How does this affect your relationships with your friends, family, partner, and children?

Conflict Resolution Style of a Versatile Visionary



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All of us encounter conflicts and challenges at work and in life. We tend to react to these unconsciously depending on our Enneagram Type.

- You handle conflicts by being **'Optimistic'** and positive. For every situation, you tend to look for a silver lining.
- "We will manage!" and "No problem!" may be some phrases which you use to express yourself.
- Since you have a very hard time addressing conflict with people you might use humour and joke around to take the pressure off of the seriousness of the issue.
- The downside to this is that you divert your attention from conflicts, by trying to escape from the reality of the situation.

Social Interaction Style of an Ennea Seven

Each Enneagram Type has a unique way of interacting with people in everyday life to get what they want; it also determines what energises them in social relationships.



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- Your social style is **'Assertive'**. You seek a variety of experiences, seek company, situations, and things that stimulate you, and keep you upbeat.
- You can generally tune into the feelings of a group and classify it as happy, sad, fun, or boring. You don't like to analyse them at a deeper level, but you can detect who is in charge, who makes the decisions, and who can meet your needs.
- You are an engaging and entertaining conversationalist who loves to tell stories and jokes.

Some Talents and Challenges of a Versatile Visionary

Mostly, we have spent our lives working on our weaknesses and zeroing in on our mistakes, and ignoring our strengths. We work with the myth that fixing our weaknesses will make everything ok. We think if we excel at something it becomes our strength and it will naturally develop.

Various studies have shown that when we focus on developing our innate talents, we grow faster than when trying to work on our challenges.

We have listed below some Talents and Challenges as per your Ennea Type, please note that you may not be using all talents or may not have realised yet that these are your talents or gifts. You might relate to some of the challenges and some may come as a surprise to you.

- » Enthusiastic
- » Quick Synthesizing Mind
- » Imaginative & Creative
- » Curious
- » Visionary/Anticipate the Future
- » Engaging
- » Multitasking
- » Resilient



Talents

- » Impulsive
- » Unfocused
- » Rebellious
- » Dislikes Routine
- » Avoids Painful Situations
- » Inconsistent Empathy for Others
- » Dislikes Negative Feedback
- » Rationalizes Negative Experiences

Challenges



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YOUR TRI-TYPE

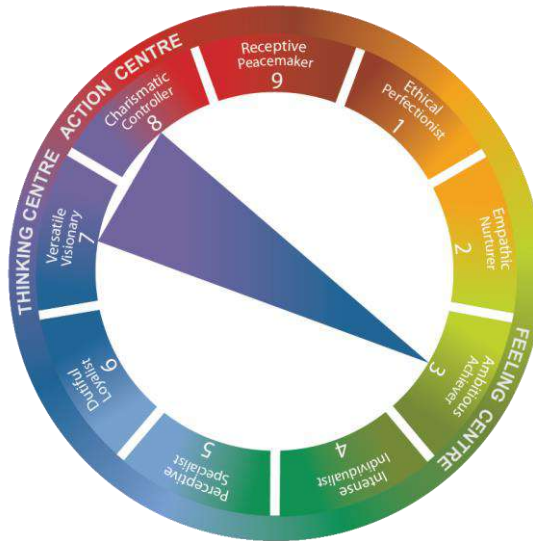
As humans, we all have three centres of intelligence – thinking, action and feeling. We tend to use them to varying degrees. Other than the main type, we use two other Enneagram Types to communicate with the world. While our Main Enneagram Type acts as the base of our personality, our tri-type helps us understand how we think, feel and act.

How does knowing our Tri-type help us –

Knowing our Tri-type helps us understand what style do we adopt to express our three centres of intelligence – what drives us into action, or how we prefer to emotionally express ourselves, and what kind of a thought process do we have.

Two people with the same Main Type may still be different due to variations in their Tri-type.

Tri-type



Your Feeling Centre - Type 3: Ambitious Achiever



The Feeling Centre – deals with connections and relationships through feelings, moods, tones, and emotions. It focuses on the ‘emotional centre’ and is concerned with how we tend to express our emotions and interpret the emotions of others.

For you, goals are important, you need to be efficient, and you have a success mindset.

Your Thinking Centre – Type 7: Versatile Visionary



The Thinking Centre – deals with information, logic, reason, and analysis. It focuses on the ‘intellectual centre’ and is concerned with how we perceive the information around us.

You think in terms of big ideas, innovation, brainstorming, out-of-the-box solutions.

Your Action Centre - Type 8: Charismatic Controller



The Action Centre - deals with the gut instinct or the body instinct. It focuses on the ‘motor centre’ and is concerned with movement and action.

You can be decisive, practical, quick in taking action. You like to be in charge.

You can refer to page 21 for a glimpse of the nine Enneagram types

SECTION 2

Maximise Your Potential Using Enneagram

Identify aspects of your personality that you can work on to
begin your journey of transformation





WINGS & LINES

The Enneagram helps us to pinpoint and understand how to undertake the journey of self-discovery and transformation. As mentioned earlier, the 9 types are interrelated in specific ways through Wings & Lines.

Our Wings & Lines allow us access to more types than just the Main Type and the Tri-type. Each type has two wings and two lines which show us ways to develop. Wings and Lines give us a map that tells us the pattern of our growth, as well as those that get us into trouble.

Wings of an Ennea Seven

Wings – Wings are the Types on either side of Our Main Type. These Types (wings) influence our Main type without changing it. These Wings help us to get more perspectives. We might be able to access both our wings or in some cases only one dominant wing might be flavouring our personality.



Wing of Type 6 - The Dutiful Loyalist

- When you use the Wing of Six, you are excited with new ideas, can be fast-talking, witty, and engaging, but can also get insecure and manic with a nervous quality around you.
- Since you are always looking for experiences and the safety of relationships, you do not like to be alone, hence moving on to a fresh start, maybe very difficult for you because you fear a loss of connection.
- You have a cooperative spirit and would like to be in the company of like-minded people. At times you might also be inhibited which makes your experience less joyful.

Wing of Type 8 - The Charismatic Controller

- When you use the Wing of Eight, you tend to apply your energies in many directions, multi-tasking or choosing multiple careers.
- You can come across as aggressive, with the willpower and the drive to take care of your own needs.
- Since you love to accumulate possessions and experiences, you can tend to be a workaholic.
- The Wing of Eight makes you more pragmatic and you are much more grounded. Your bluntness can sometimes take people by surprise.

Lines of an Ennea Seven

Lines – The Enneagram is a dynamic system and as a result, we are not limited to just one Type. While our basic Personality is our Home Base, we move to at least 2 points on the circle. While the person's Main Type remains the same throughout their life, they can access their lines for making shifts in their perspectives. Lines act as the basic building blocks of Enneagram and hence are important for taking the transformational journey towards growth.



Line to Type 1 - The Ethical Perfectionist

- You can become more disciplined and focused and follow through on your plans, bringing them to completion.
- Instead of just looking at the bigger picture, you may start attending to the micro-details too.
- Instead of focusing on fun and pleasurable activities, you may be motivated to follow a path of higher purpose.
- You may swing from being optimistic to pessimistic which may be confusing to others.
- You may become angry and resentful, that your expectations are not being met, and life is not as enjoyable as you would like it to be.

Line to Type 5 - The Perceptive Specialist

- You can tend to go into the depth of an issue and acquire more knowledge, rather than staying on the surface.
- Your creative ideas and intuition get a structure. You may become thorough and methodical.
- You learn to practice detachment.
- You may withdraw from activities, and from spending time with others, you may go into your own shell, which may make you unhappy.
- Your fantasies and ideas may take on a different dimension altogether and start living in an illusion.
- You may start hoarding possessions and experiences rather than deriving pleasure out of them.

Your Growth Journey

Now that you have gone through Your Enneagram Profile, were you able to resonate with it? Did you take out some time to introspect and reflect? Could you connect it with yourself or did you feel there were gaps? Take some time and reflect on the same!

The next step in the journey is to embrace change. In order to achieve anything, you need to know where you want to go, right? It's also critical to know where you are right now so you can plot a course from here to the fulfillment of the goals you are seeking.

Below are some areas of your life that you might want to look at –

1. Review each area on your Wheel of Life. You could, if necessary, split or rename areas to add in something that is missing, or make it more meaningful for you.
2. Rank your level of satisfaction with each area of life by drawing a curved line across each segment. Scoring is between 0 (very dissatisfied) and 10 (fully satisfied).
3. Is there an area where your dissatisfaction levels are high or in imbalance? Would you like to focus on it? Identify 3 such areas.



Your Next Step Towards Development

After having taken the critical step of Self Discovery through the Enneagram Assessment, we are sure you would have gotten enough food for thought. Many of the aspects would have stood out for you and the Wheel of Life would have added some more dimensions to it. Keeping that in mind, would you like to now set up developmental goals to take your journey forward? What are the areas you would like to focus on?

Identify 3 goals that are most important for you and you would like to work on -

Goal 1

Action Plan

Goal 2

Action Plan

Goal 3

Action Plan

This could really be a good start to your journey, and we wish you all the best!

How We Can Support You

Self-Awareness and **introspection** is an ongoing process.

Most of what you have read, you **may have known about yourself**, but some aspects may have come up as a surprise. You may have had **some insights** and 'aha' moments about yourself. What you choose to do with the areas that came as a surprise to you will define your self-discovery and transformation journey.

How can I delve deeper into Self-Awareness?

How can I take this forward?

What are the growth and developmental strategies available to me?

These are some of the questions you may have, and as you decipher these questions, you may or may not have someone who could help you navigate this journey. We at Questa Enneagram can provide you the required support and guidance, through our experienced coaches and facilitators who can create a reassuring and a non-judgmental environment for you to explore yourself further, **identify your growth paths** and **strategies** to become a better version of yourself.

“Knowing others is wisdom,
Knowing yourself is enlightenment”
- Lao Zhu

We believe in empowering individuals to take their transformative journey to maximise their potential. Hence, we have various curated programs that can be customised just for you. These programs include group learning through workshops and personalised one-on-one coaching.

You can visit us at www.questaenneagram.com or write to us support@questaenneagram.com

For those of you who want to delve deeper into Enneagram, we also have Accreditation Programs.

The 9 Enneagram Types - An Overview



Enneagram Type One – Ethical Perfectionists are highly principled, quality-conscious, have high standards, and are detail-oriented. They are skilled process-setters, structured, organised, and rule-abiding. They take great satisfaction in being responsible and accountable and are realistic, thorough, neat, wise, and discerning.



Enneagram Type Two – Empathic Nurturers are generous, altruistic, and empathetic in their behaviour. They are skilled at knowing the needs of others and love attending to them. They enjoy feeling needed and helpful. They are hardworking and motivated people with a drive to connect with the world as generously as possible.



Enneagram Type Three - Ambitious Achievers are self-assured, focused on excelling, adaptable, preferring to focus on their goal and results. They are skilfully attuned to what is seen as successful by others and adapt themselves accordingly. They want to achieve great success and receive recognition and affirmation from others.



Enneagram Type Four – Intense Individualists are creative, sensitive, and expressive. They like to be unique and original; are skilled at being highly inspired and creative in their field. They seek their own identity and authentically express themselves. They may come across as distant and reserved but they do desire relationships.



Enneagram Type Five – Perceptive Specialists are curious, observant, and independent. They pursue knowledge and seek a deeper understanding of the world around them. They are skilled at deriving ground-breaking insights in their area of expertise and are often seen as withdrawn as they prefer privacy and time alone to think.



Enneagram Type Six – Dutiful Loyalists are warm, committed, engaging, hard-working, and responsible. They are skilled trouble-shooters and problem-solvers who consider the pros and cons of everything. They tend to be concerned with external threats and look for ways to keep themselves and their close ones safe. They are very loyal and want to build close relationships with others.



Enneagram Type Seven – Versatile Visionaries are enthusiastic, fun-loving, adventurous, and spontaneous. They are skilled at generating new, innovative ideas and love seeking out new experiences and better opportunities to keep their excitement going. They like to keep a busy calendar, are people-oriented, and enjoy pursuing new relationships.



Enneagram Type Eight – Charismatic Controllers are confident, powerful, resourceful, and assertive in their approach. They are direct and straightforward and love engaging in debates. They are quick to get into action and skilled at making difficult decisions. They are fiercely independent and do not like to rely on others.



Enneagram Type Nine – Receptive Peacemakers are diplomatic, agreeable, accepting, optimistic, and adaptive in their behaviour. They like to maintain peace and harmony around them by diplomatically avoiding conflicts and are skilled at mediating conflicts between others. They tend to enjoy time alone or with smaller groups of people.