



kairos
KOACHING



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- Macro Nutrition Coach
- Life Coach
- Leadership Training Coach
- Enneagram Coach

kai·ros

[ˈkīräs] *noun, Greek*

the perfect, delicate, crucial moment; the fleeting rightness of time and place that creates the opportune atmosphere for action, words or movement



The Enneagram

What is it and How can I use it?

Authentic: of undisputed origin; genuine; original, real, actual

*We do not come into this world a blank slate; we enter this world with a unique expression.

Adapt: become adjusted ; to alter to make suitable

We were all created on Purpose for a Purpose!

The Enneagram...

“ The Enneagram is a model of nine personality types or strategies, and describes how these strategies affect the way we maneuver in the world. Our strategy profoundly influences the way we think, feel and behave and describes our strengths and weaknesses. ” -The Enneagram Connection

Ian Crohn says, “there are 9 valid perspectives and if you are unwilling to acknowledge the other 8 you are at a drastic disadvantage.”

The Enneagram...

“ The purpose of the Enneagram is to show us how we can release the paralyzing arthritic grip we’ve kept on old self-defeating ways of living so we can open our self to experiencing more interior freedom to become our best selves. ”

-The Road Back to You

“There is something I know about you that you may or may not know about yourself. You have within you more resources of energy than have ever been tapped, more talent than has ever been explained, more strength than has ever been tested, more to give than you have ever given.”

-John Gardner



Benefits of the Enneagram...

- Deeper/Stronger Relationships
- Stronger Marriage
- Parenting
- Leadership
- Self-Awareness/Understanding ourselves
- Understanding others on a deeper level
- Emotional Intelligence/EQ/Emotion Regulation

3 Essential Biological Needs:

1. Security and Survival
2. Power and Control
3. Affection and Esteem

The Enneagram...

Your Personal GPS



Similar to an iPhone, the Enneagram offers you an internal GPS. It can show us where we are and point us in the direction that we want to go.

As we look at the levels of health, we can also use it to reroute us when we get off track.



The Enneagram...

The Numbers are value neutral
because all types are **equal**.

1-2-3-4-5-6-7-8-9



The Enneagram...

The Numbers are value neutral
because all types are **equal**.

1-2-3-4-5-6-7-8-9





The Enneagram...

Think of it this way:

9 valid perspectives (or lenses) of everyday life circumstances.

(This is not counting the 27 Subtypes)

What is your lens? How do you perceive life?

Three Ranges of Health:



In the healthy range of our personality, we are not strongly identified with our identity. We are free to express ourselves through a wide range of behavior. We believe that we can express and reinforce our identity through letting go of it and by acting in a manner consistent with it.



In the average range, some imbalance arises and their scope of concern narrows. We focus more on our identity and want others to see us a certain way. We use social roles, manipulation and controlling others to reinforce our identity.

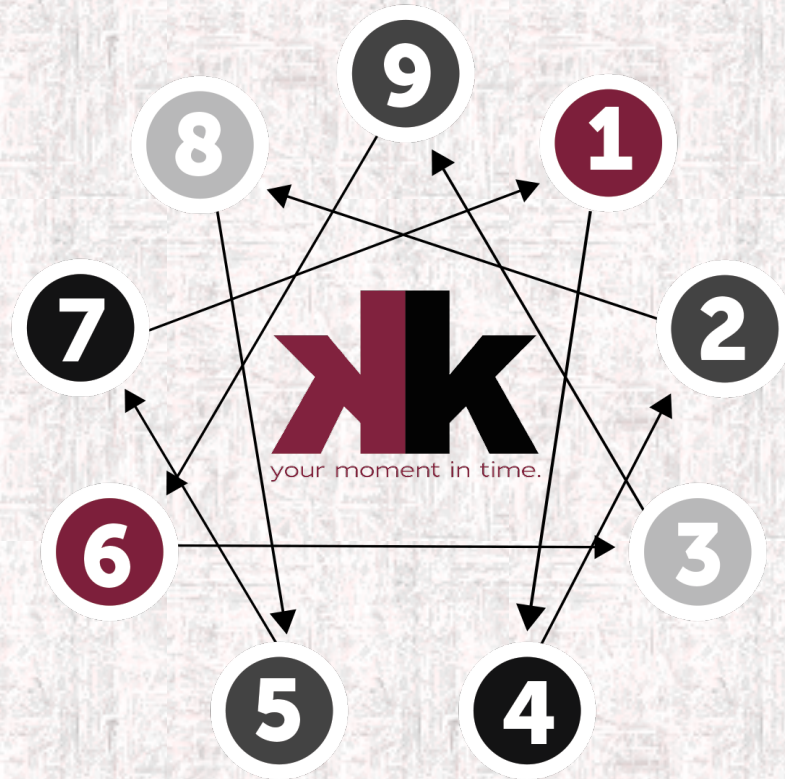


In the unhealthy range, our focus is so narrowed on our identity that we often break with reality. We see ourselves in a way that is completely different from how others see it.

Lines & Arrows

Under Stress

Growth Point



The Triads

- *The Heart Center*
- *The Head Center*
- *The Gut Center (Instinctual)*

Gut Triad
The Instinctive Center

Emotional Struggle:
Anger
Desire to Have:
Justice

Head Triad
The Thinking Center

Emotional Struggle
Anxiety
Desire to Have
Security

Heart Triad
The Feeling Center

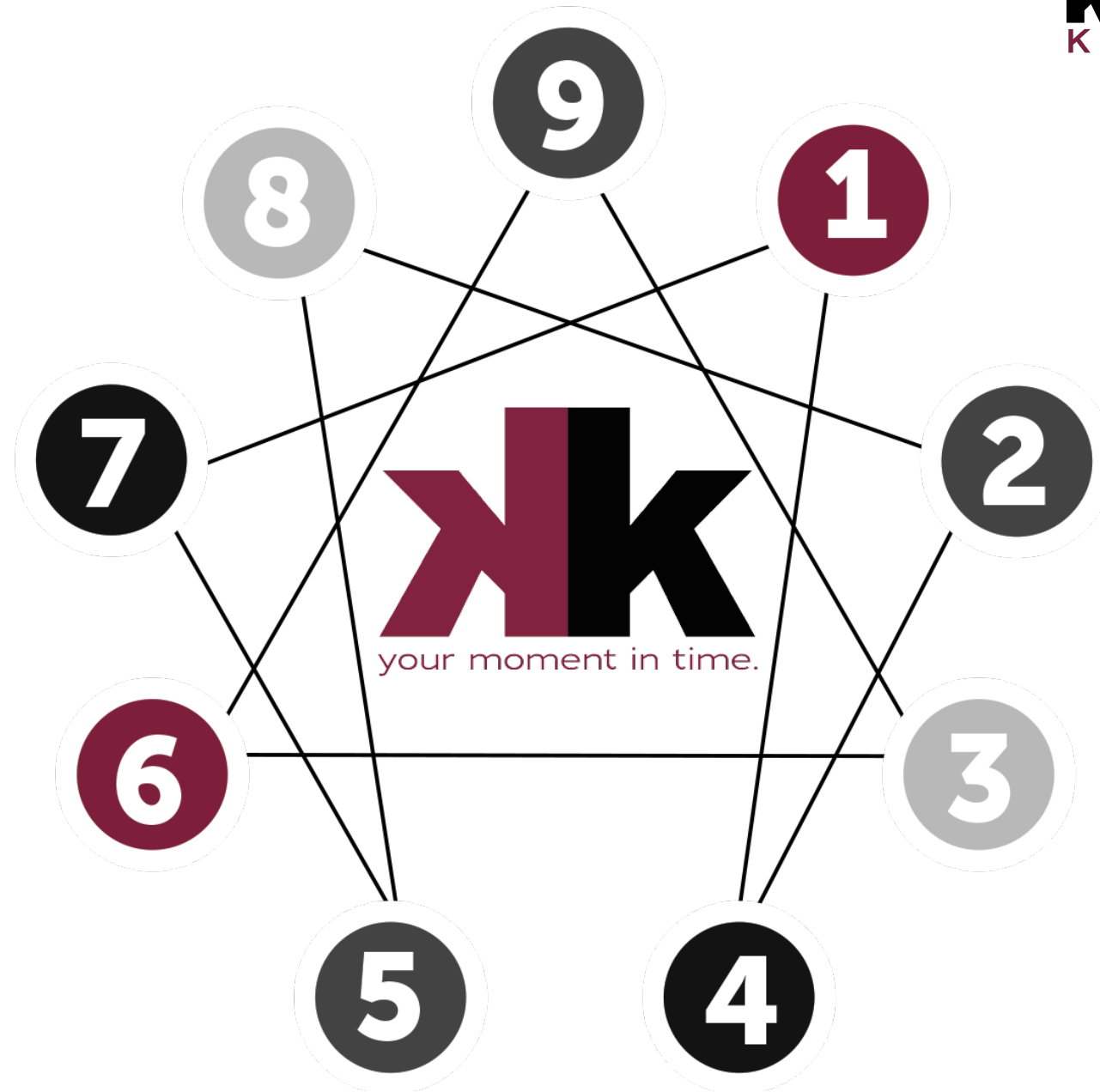
Emotional Struggle
Shame
Desire to Have
Significance

A Look Inside

The 9 Types of the Enneagram



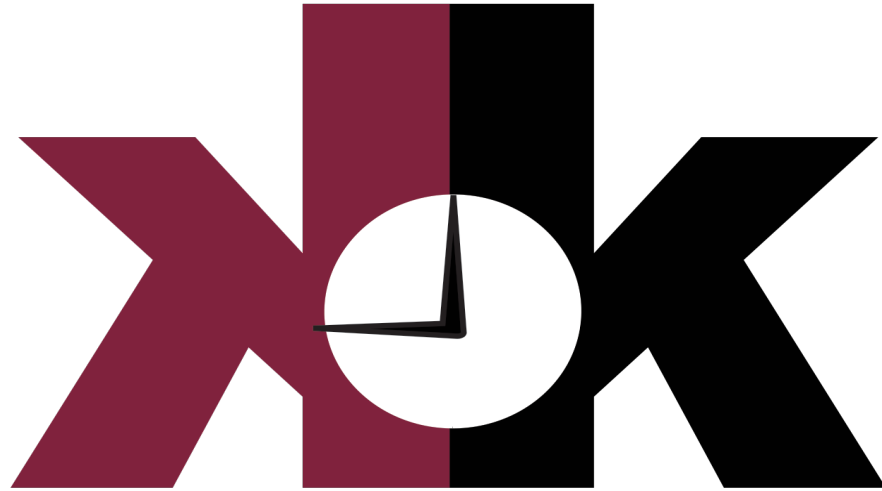
- 1 Moral Perfectionist
- 2 Supportive Advisor
- 3 Successful Achiever
- 4 Romantic Individualist
- 5 Investigative Thinker
- 6 Loyal Guardian
- 7 Entertaining Optimist
- 8 Protective Challenger
- 9 Peaceful Mediator



The Enneagram...

Your Personal GPS

Let's Break it Down



Let's look at how this can be used as a guide to understand where you are and where you want to go.

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TYPE



Type 8: The Protective Challenger

At Their Best:	At Their Worst:
<ul style="list-style-type: none">• Compassionate• Inspiring• Resilient• Loyal• Energetic• Direct• Empowering• Protective• Self-Confident	<ul style="list-style-type: none">• Loud• Vengeful• Excessive• Controlling• Rebellious• Insensitive• Domineering• Self-Centered• Skeptical



Focus of Attention: Taking charge, gaining power and overcoming injustice!

Type 8: The Protective Challenger



Core Fear: being weak, powerless, underestimated, disempowered, humiliated, vulnerable, controlled, manipulated, and at the mercy of injustice.

Core Desire: To Protect themselves.

Truth you want to believe: You will not be betrayed

Type 8: The Protective Challenger

How to Get Along with Me:

- ▶ Stand up for yourself and for me
- ▶ Be confident, strong, and direct
- ▶ Notice that I am tender and have a vulnerable side behind my strong exterior.
- ▶ Acknowledge the contribution that I make but don't flatter me.
- ▶ I often speak in a direct and assertive way. Please don't automatically assume it is a personal attack against you.

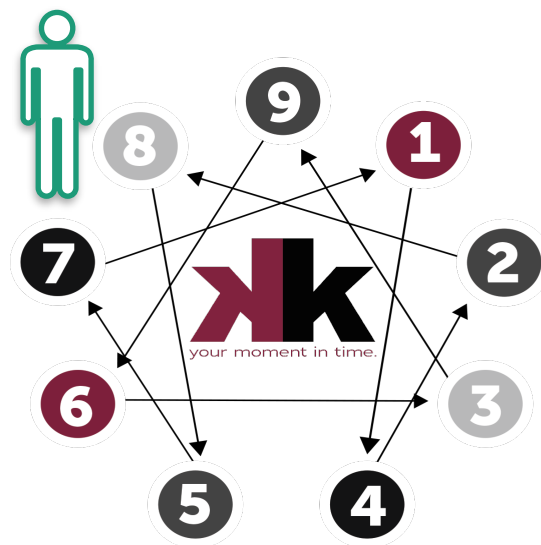
TYPE 8

Under Stress:

*8's move to the average to unhealthy parts of 5

*They become sensitive and fearful and withdraw.

*Fear that others will turn on them.



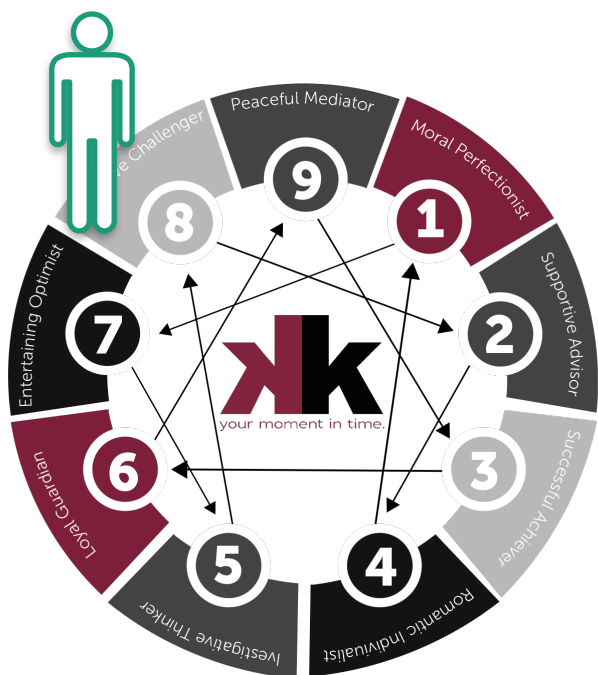
In Growth:

*8's move to the healthy side of 2.

*They become more open hearted and caring.

*Open up to others and reveal their vulnerability.

*More empathy and compassion.





TYPE 8

Type 8's Weakness:

Lust: Constant need for intensity, control, and power. Lust causes them to push and assert themselves willfully.

Type 8's Growth Path:

Eights grow by recognizing that any real strength entails vulnerability and openness.

Type 9: The Peaceful Mediator

At Their Best:	At Their Worst:
<ul style="list-style-type: none">• Pleasant• Peaceful• Generous• Patient• Accepting• Diplomatic• Open-minded• Empathetic	<ul style="list-style-type: none">• Spaced-out• Forgetful• Stubborn• Obsessive• Resigned• Passive-Aggressive• Judgmental• Unassertive



Focus of Attention: Other people's preferences, the inessential and unimportant!

Type 9: The Peaceful Mediator



Core Fear: being in conflict, loveless, separate, uncomfortable, unimportant, overlooked, alone, or inharmonious.

Core Desire: To have inner stability and peace of mind

Truth you want to believe: Your presence matters.

Type 9: The Peaceful Mediator

How to Get Along with Me:

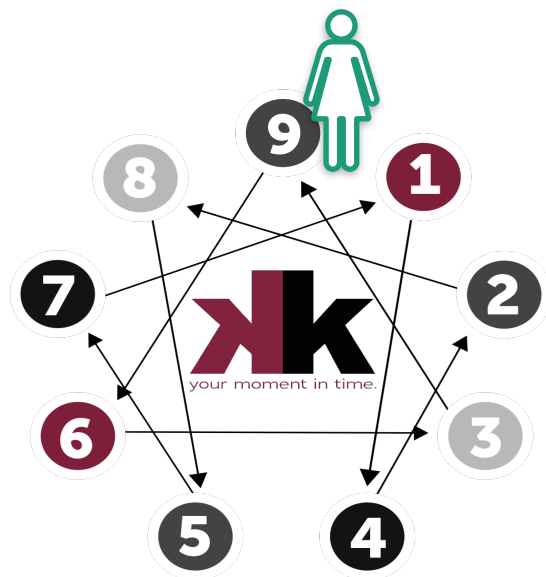
- ▶ Be patient with me and don't rush me
- ▶ Tell me that my presence matters
- ▶ Listen to me until I am finished talking
- ▶ I enjoy discussions but dislike confrontations
- ▶ I tend to focus on others so take the time to really focus on me.

Under Stress:

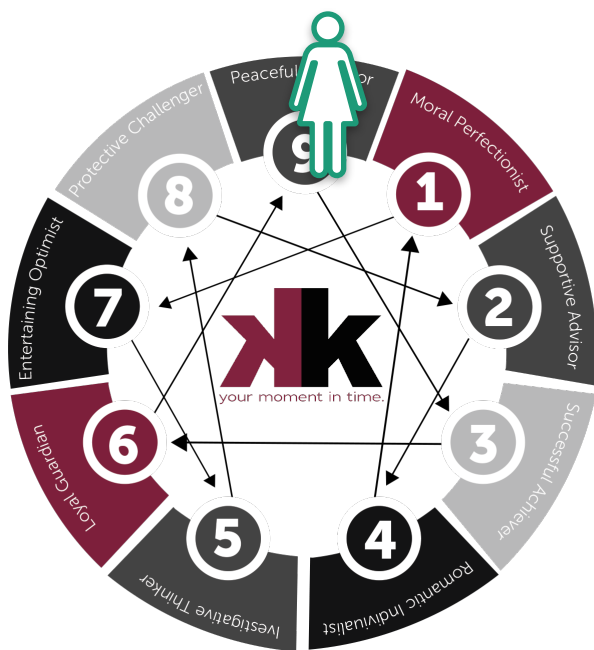
*9's move to the average to unhealthy parts of 6

*They become anxious, worried and defensive.

*Their mind races and anxiety intensifies.



TYPE 9



In Growth:

*9's move to the healthy side of 3.

*They become more self developing and energetic.

*They learn that their peace comes with showing up and being fully present.



TYPE 9

Type 9's Weakness:

Sloth: an unwillingness to be fully awake to themselves (their needs, desires, abilities) and resisting to bring their full selves to all of life.

Type 9's Growth Path:

Nines begin to grow when they realize and know that their presence matters.

Type 1: The Moral Perfectionist

At Their Best:	At Their Worst:
<ul style="list-style-type: none">• Ethical• Reliable• Productive• Wise• Idealistic• Conscientious• Honest• Orderly• Self-Disciplined	<ul style="list-style-type: none">• Judgmental• Inflexible• Dogmatic• Critical• Uptight• Controlling• Anxious• Jealous



Focus of Attention: What is wrong and needs fixing!

Type 1: The Moral Perfectionist



Core Fear: Fear of being bad, angry, wrong, inappropriate, corrupt, irresponsible, condemned, or unredeemable.

Core Desire: To have integrity, balance, virtue, and to be ethical

Truth you want to believe: You are good

Type 1: The Moral Perfectionist

How to Get Along with Me:

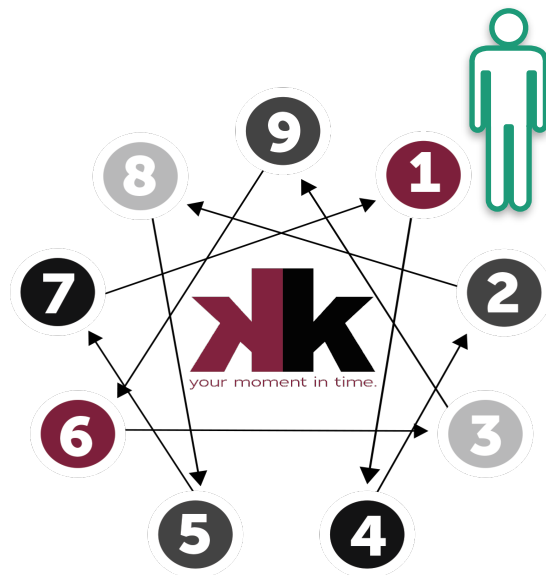
- ▶ Make sure you take your share of the responsibility so I don't have to end up with all the work
- ▶ I am very hard on myself so reassure me often and tell me that I am doing good.
- ▶ Tell me when you value my advice
- ▶ Be as fair and considerate as I am
- ▶ First listen to my worries and concerns, then help me to lighten up by having fun.

Under Stress:

*1's move to the average to unhealthy parts of 4

*They feel indignant that expectations are not met.

*Anger turns inward; depressed.



TYPE 1

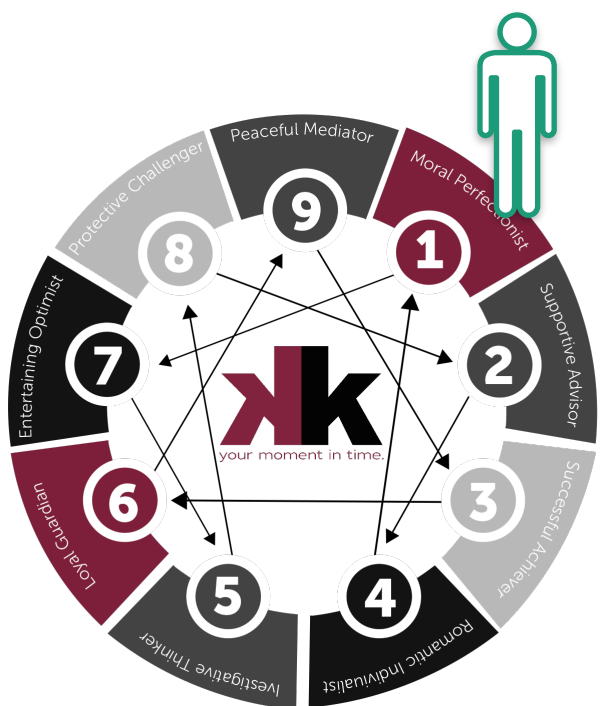
In Growth:

*1's move to the healthy side of 7.

*Become less critical and more self-accepting.

*Become more enthusiastic and optimistic

*Act more spontaneous and have fun.





TYPE 1

Type 1's Weakness:

Anger/Resentment: Repressed and comes out as criticism.

Type 1's Growth Path:

1's realize that doing their best is all that's required and by learning to relax and enjoy life more.

Type 2: The Supportive Advisor

At Their Best:	At Their Worst:
<ul style="list-style-type: none">• Loving• Compassionate• Adaptable• Nurturing• Generous• Supportive• Hospitable	<ul style="list-style-type: none">• Intrusive• Martyr-Like• Indirect• Manipulative• Possessive• Flatter• Needy• Overly Accommodating



Focus of Attention: Other people's needs and the desire to be appreciated!

Type 2: The Supportive Advisor



Core Fear: Fear of being unloved or unwanted for simply being themselves

Core Desire: To feel loved; wanted for themselves

Truth you want to believe: You are wanted

Type 2: The Supportive Advisor

How to Get Along with Me:

- ▶ Tell me specifically what you appreciate about me
- ▶ Enjoy sharing fun times with me
- ▶ Take a real interest in my problems, even though I will try and focus the attention back on you
- ▶ Please let me know that I am special and important to you. Tell me what you love about me.
- ▶ If you need to point out something negative, please be gentle and tell me a few affirming things as well. I can be very sensitive to criticism

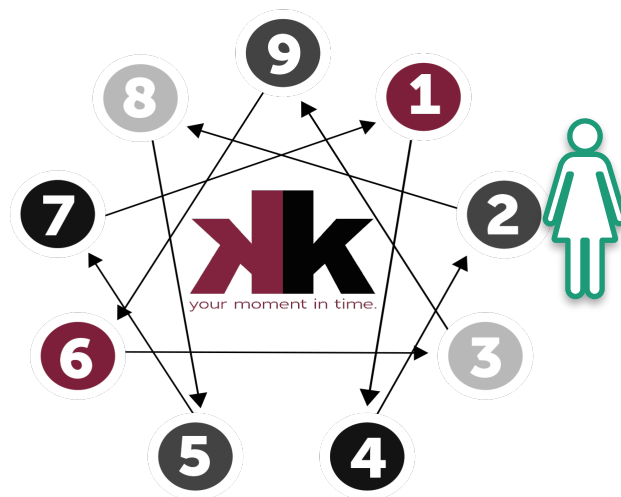
TYPE 2

Under Stress:

*2's move to the average to unhealthy parts of 8

*Needy 2's suddenly become irritable, aggressive and dominating.

*Blame, make demands, become controlling of everyone and everything.



In Growth:

*2's move to the healthy side of 4.

*Become self-nurturing and emotionally aware.

*Admit and accept painful feelings, including anger, sadness, and loneliness.





TYPE 2

Type 2's Weakness:

Pride: Inability or unwillingness to acknowledge one's own suffering and needs.

Type 2's Growth Path:

Taking care of themselves before caring for others.

Type 3: The Successful Achiever

At Their Best:	At Their Worst:
<ul style="list-style-type: none">• Optimistic• Self-Affirming• Industrious• Efficient• Self-Propelled• Energetic• Goal-Oriented• Team Builder	<ul style="list-style-type: none">• Deceptive• Self-Promoting• Pretentious• Vain• Superficial• Exploitative• Overly Competitive



Focus of Attention: Tasks, roles, and results!

Type 3: The Successful Achiever



Core Fear: Failure, being incapable, unimpressive, inefficient, and exposed

Core Desire: To feel valuable and worthwhile for just being themselves.

Truth you want to believe: You are accepted for being you

Type 3: The Successful Achiever

How to Get Along with Me:

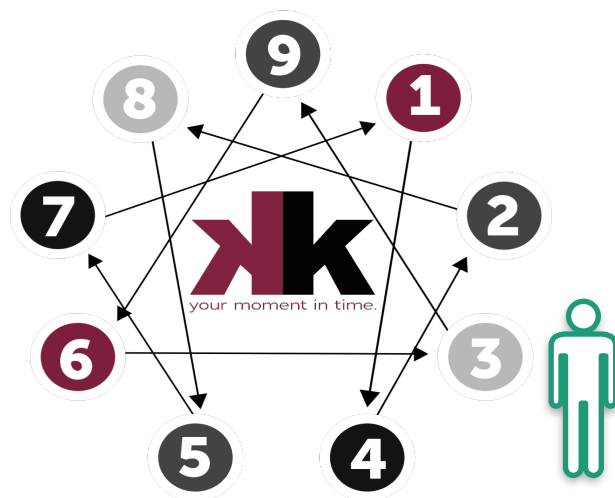
- ▶ Tell me that you like being around me
- ▶ Tell me how proud you are of me and my accomplishments
- ▶ Please don't interrupt me while I am working
- ▶ Give me honest, but not unduly critical or judgmental feedback
- ▶ Help me to keep my surroundings harmonious and peaceful

Under Stress:

*3's move to the average to unhealthy parts of 9

*Driven 3's suddenly become disengaged and apathetic

*They neglect themselves and possibly numb out by watching TV, playing video games...



TYPE 3

In Growth:

*3's move to the healthy side of 6.

*Vain, deceitful 3's become more cooperative and committed to others.

*Become aware of their feelings and reveal who they are behind their "achieving" mask





TYPE 3

Type 3's Weakness:

Deceit: Deceive themselves into believing that they are only the image they present to others.

Type 3's Growth Path:

More genuine and authentic and less concerned with just looking successful.

Type 4: The Romantic Individualist

At Their Best:	At Their Worst:
<ul style="list-style-type: none">• Authentic• Warm• Compassionate• Introspective• Expressive• Creative• Supportive• Refined	<ul style="list-style-type: none">• Withdrawn• Exaggerated Moods• Depressed• Self-Pitying• Moralistic• Self-Absorbed• Stubborn• Possessive



Focus of Attention: The new and different and what's missing — a sense that “best” is what is absent!

Type 4: The Romantic Individualist



Core Fear: being inadequate, emotionally cut-off, plain, ordinary, commonplace, mundane, defective, or flawed

Core Desire: To find themselves and their unique significance

Truth you want to believe: You are seen and loved for who you are.

Type 4: The Romantic Individualist

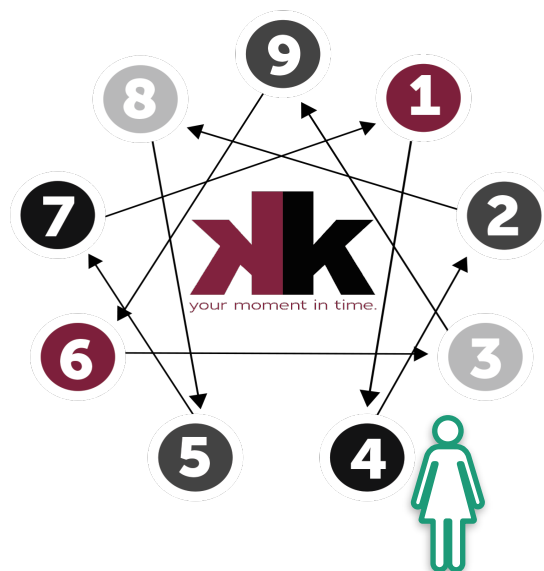
How to Get Along with Me:

- ▶ Give me plenty of compliments. They mean a great deal
- ▶ Be supportive of me by helping me to love myself and see my significant value
- ▶ Respect my unique abilities in having good intuition and vision
- ▶ I may not always want to be cheered up when I am melancholy
- ▶ Don't tell me that I am too sensitive or overreacting.

TYPE 4

Under Stress:

- *4's move to the average to unhealthy parts of 2
- *Aloof 4's suddenly become over involved and clingy
- *They try to manipulate others into loving them- believing this will replace their loneliness.



In Growth:

- *4's move to the healthy side of 1.
- *Envious, emotionally turbulent 4's become more objective and principled.
- *They become more disciplined and grounded.





TYPE 4

Type 4's Weakness:

Envy: Feeling that something fundamental is missing in them and that others possess qualities that they lack.

Type 4's Growth Path:

Realize that they are not flawed and believe that they are perfectly unique with beautiful qualities that are to be shared with others.

Type 5: The Investigative Thinker

At Their Best:	At Their Worst:
<ul style="list-style-type: none">• Analytical• Persevering• Sensitive• Wise• Objective• Perceptive• Curious	<ul style="list-style-type: none">• Intellectually Arrogant• Stingy• Stubborn• Distant• Critical of others• Unassertive• Cynical



Focus of Attention: Observing and understanding the world, and what others want from them!

Type 5: The Investigative Thinker



Core Fear: obligation, annihilation, emptiness, incompetence, being ignorant, being overwhelmed, dependent or invaded

Core Desire: To be capable and competent

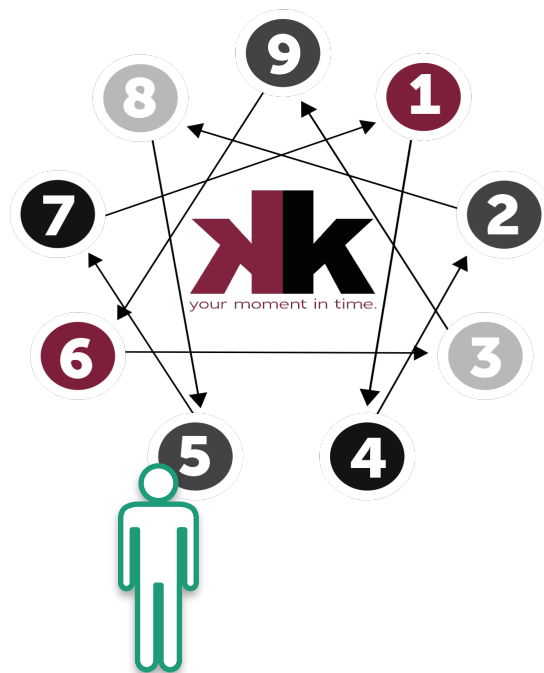
Truth you want to believe: Your needs are not a problem

Type 5: The Investigative Thinker

How to Get Along with Me:

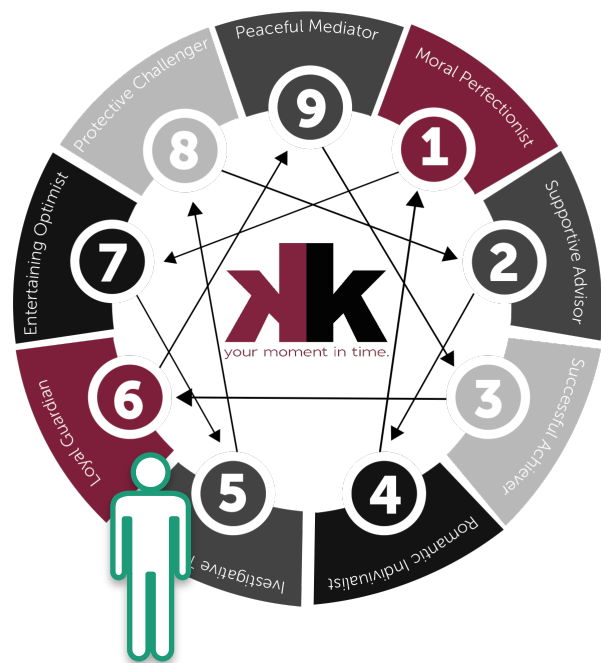
- ▶ Be independent and not clingy
- ▶ Speak in a brief and straightforward manner
- ▶ I need a lot of alone time to process my feelings and thoughts
- ▶ I don't like surprises, intrusions on my privacy, too many emotions, needy people, and obligations.

TYPE 5



In Growth:

- *5's move to the healthy side of 8.
- *Become more self-confident and decisive
- *Trust their instincts more and become more assertive.



Under Stress:

- *5's move to the average to unhealthy parts of 7
- *Become hyperactive, distracted and scattered.
- *Takes on new projects impulsively



TYPE 5

Type 5's Weakness:

Greed: Feel they lack inner resources and that too much interaction with others will lead to catastrophic depletion. This leads them to withhold themselves from contact with the world. Therefore they hold onto their resources and minimize their needs.

Type 5's Growth Path:

They usually get their confidence through the development of their minds, but they really need to connect with their bodies and feelings.

Type 6: The Loyal Guardian

At Their Best:	At Their Worst:
<ul style="list-style-type: none">• Loyal• Likable• Prepared• Trustworthy• Compassionate• Witty• Practical• Supportive• Responsible	<ul style="list-style-type: none">• Hyper-vigilant• Dependent• Unpredictable• Judgmental• Paranoid• Defensive• Rigid• Self-Defeating• Self-Doubting



Focus of Attention: The bad news and threats, hazards, and difficulties!

Type 6: The Loyal Guardian



Core Fear: fear of fear, danger, uncertainty, chaos, not having support, security, and guidance. Being blamed, in trouble, alone, targeted, helpless, unsafe, and physically abandoned.

Core Desire: To have security, support, and guidance.

Truth you want to believe: You are safe.

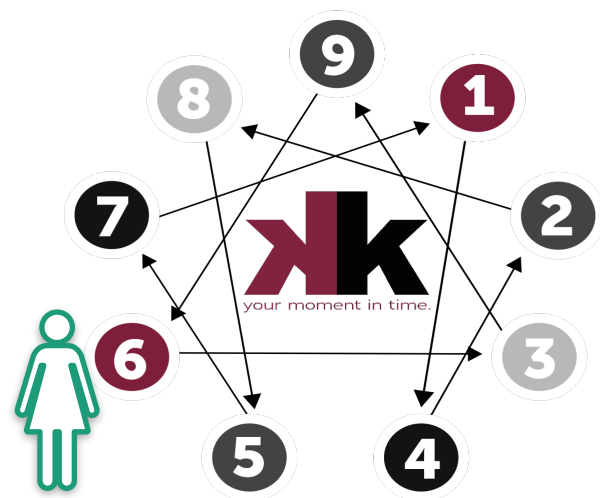
Type 6: The Loyal Guardian

How to Get Along with Me:

- ▶ Be direct and clear with me
- ▶ Listen to me carefully
- ▶ Please don't judge me for my anxiety
- ▶ Reassure me that everything is going to be OK
- ▶ Laugh and make jokes with me
- ▶ Tell me and show me that you support me
- ▶ Acknowledge that I am loyal, responsible and supportive

Under Stress:

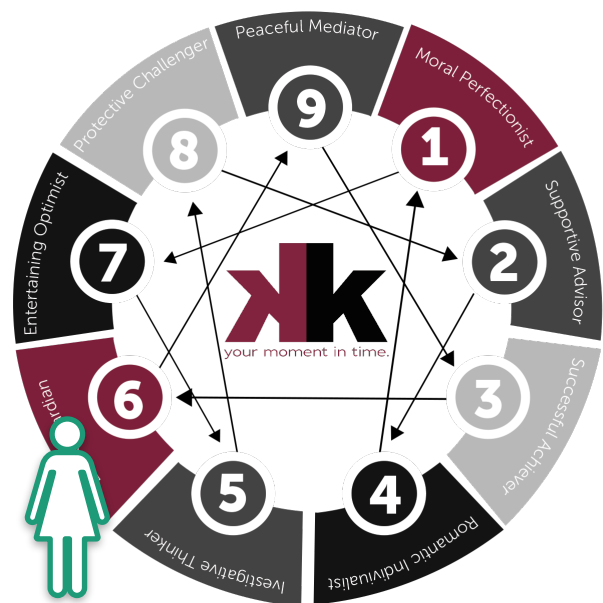
- *6's move to the average to unhealthy parts of 3
- *Become competitive and arrogant.
- *Avoid feeling anxious by being busy
- *Reluctant to try anything new if failure is a possibility.



TYPE 6

In Growth:

- *6's move to the healthy side of 9.
- *Become more relaxed and optimistic
- *They empathize with others.
- *Take life less seriously and free up their energy.





TYPE 6

Type 6's Weakness:

Fear/Anxiety: Sixes walk around in a constant state of apprehension and worry about possible future events.

Type 6's Growth Path:

Seeing all of the good decisions they do make, they gain greater self-confidence and then trust in their ability to make good decisions in the future.

Type 7: The Entertaining Optimist

At Their Best:	At Their Worst:
<ul style="list-style-type: none">• Fun-loving• Spontaneous• Imaginative• Productive• Enthusiastic• Quick• Confident• Charming• Curious	<ul style="list-style-type: none">• Self-focused• Impulsive• Escapist• Rebellious• Distracted• Superficial• Manic• Self-destructive• Restless



Focus of Attention: Good news and a pleasant future, and the positive in all things!

Type 7: The Entertaining Optimist



Core Fear: being incomplete, inferior, limited, bored, trapped in emotional pain, sadness, disappointment, criticism, or missing out on something.

Core Desire: To be satisfied and content

Truth you want to believe: You will be taken care of.

Type 7: The Entertaining Optimist

How to Get Along with Me:

- ▶ Give me companionship, affection, and freedom
- ▶ Engage with me in stimulating conversation and laughter
- ▶ Listen to my stories and grand visions
- ▶ Accept me the way I am
- ▶ I don't like to be told what to do or restricted
- ▶ Be enthusiastic with me

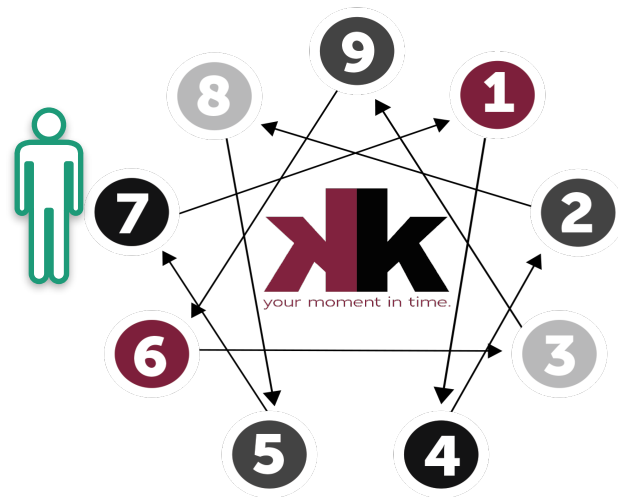
Under Stress:

*7's move to the average to unhealthy parts of 1

*Become perfectionist and critical.

*Become cynical and hypercritical to change people.

*Blame others for preventing fun.



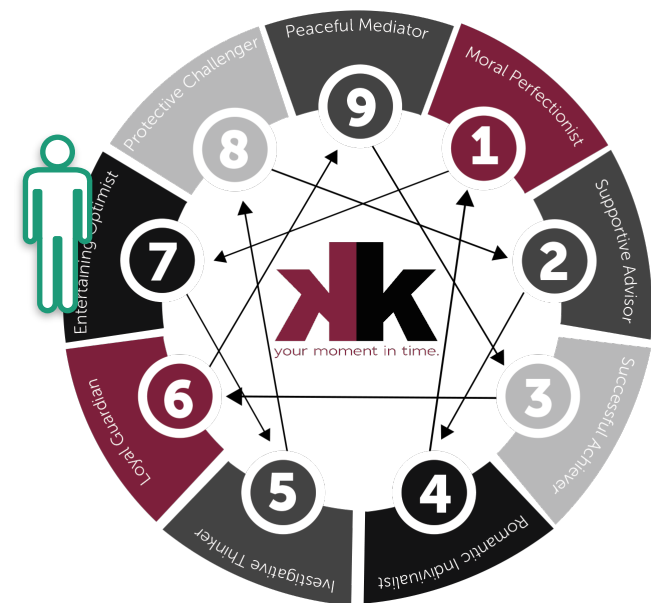
In Growth:

*7's move to the healthy side of 5.

*Become more focused and profound.

*Place more value on wisdom and discipline.

*Becomes more accepting of all life; good and bad.





TYPE 7

Type 7's Weakness:

Gluttony: To overcome feelings of inner emptiness, they pursue a variety of positive, stimulating ideas and activities, but they never feel that they have enough.

Type 7's Growth Path:

7's grow from the willingness and ability to be still inside themselves and to see the blessings they already have. This produces a deep sense of gratitude and inner rest.

OWN-UP

“When God talks of their losing their selves, He means only abandoning the clamour of self-will; once they have done that, He really gives them back all their personality, and boasts that when they are wholly His they will be more themselves than ever.”

-C.S. Lewis, The Screwtape Letters



O = OBSERVE

Briefly describe the triggering situation. Take note of your actions, thoughts, emotions and body sensations.

Take time to write them down and notice them.



W = WELCOME

Receive the experience and observations without judgement of yourself or others, explanation or justification. Open yourself to God's presence and love. Be curious as to what you can learn from welcoming what you are observing.



N = NAME

Identify the underlying motivations.
Consider the key elements of your Enneagram pattern. What core needs are you trying to meet in this situation...esteem, safety, security, power, or control?

Where is your focus of attention directed? What are you avoiding?
What is the divine gift of your Enneagram type? How are you trying to express it in this situation?



U = UNTANGLE

What causes the most tension and restriction in you? Identify what seems to have the strongest hold on you. Gently loosen and disown what comes into your awareness. Learn to relax knowing that God meets all of your deepest needs. Relax!



P = POSSESS

Notice and receive what emerges as you let go. Identify any new feelings, thoughts, and body sensations. Affirm your true identity as Christ's beloved. Express gratitude to God.
Rest!





Thank You!
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