

# Leveraging Motivations to Enhance Communication



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Encouraging You to Be Who You Were Created to Be

[www.themosaiccoach.com](http://www.themosaiccoach.com)

# What is the Enneagram?

The word "Enneagram" means:

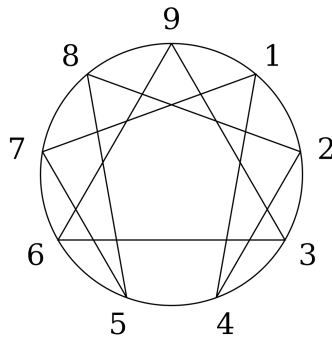
Ennea: nine

Gram: drawing or design

There are 9 basic Enneagram types.

"The Enneagram looks at your motivations and it reveals **why** you think, feel, and behave in particular ways so you can steer your internal life in the best direction for your personality type." - Beth McCord, Your Enneagram Coach

Nine different types = nine valid ways to view the world



## Core motivations

Each Enneagram type has a completely different set of motivations. They are the driving force behind one's thoughts, feelings, and actions.

**Core Fear:** What a person is always running away from, avoiding, and trying to prevent from happening.

**Core Desire:** What a person is always striving for and believing will bring them complete fulfillment in their life.

**Core Weakness:** The issue people are always wrestling with.

**Core Longing:** The central message that a person's heart is always longing and thirsting to hear.

# The Wings, Paths and Levels of Alignment

## What are the wings?

The wings are simply the 2 numbers on either side of your main Enneagram type.

We can utilize the attributes of our wings to enhance or add other dynamics to our type. We do not become our wings. Everyone uses their wings to varying degrees, but it is common to rely on one more than another.

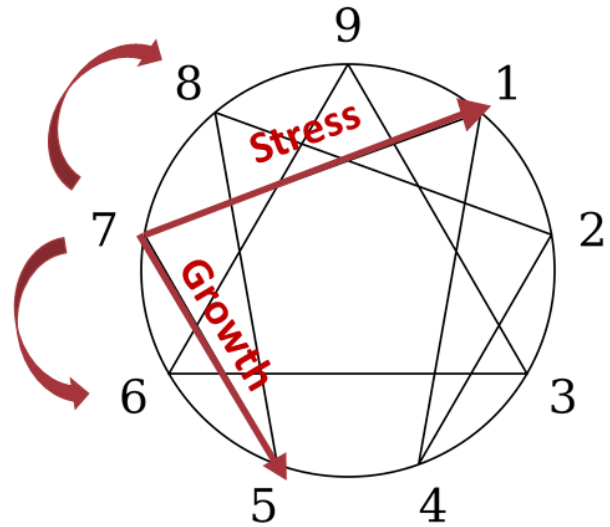
## Understanding the Lines and Arrows

The lines and arrows are paths we take when we are under stress and when we are growing.

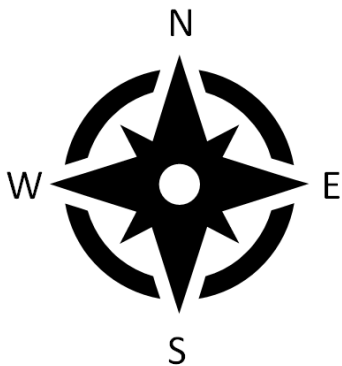
We display the negative or positive attributes of two other types, depending if we're under stress or if we're growing.

## Levels of Alignment

The healthy, average and unhealthy characteristics of each type.



## How do we grow with the Enneagram?



## Internal Compass

Our True North = Our True Self

When we know what the healthiest version of ourselves looks like, we will be able to notice when we're average or unhealthy. When our actions are out of alignment, we can use those as warning signs that signal us to stop, notice and make the proper adjustments to steer towards our healthy self.

# Triads - Centers of Intelligence

How people process, respond and react to life.

## Instinctual Center

Types 8, 9, 1

Use their gut to make decisions

Struggle: Anger

Common Desire: Justice

## Thinking Center

Types 5, 6, 7

Use their head to make decisions

Struggle: Anxiety

Common Desire: Security

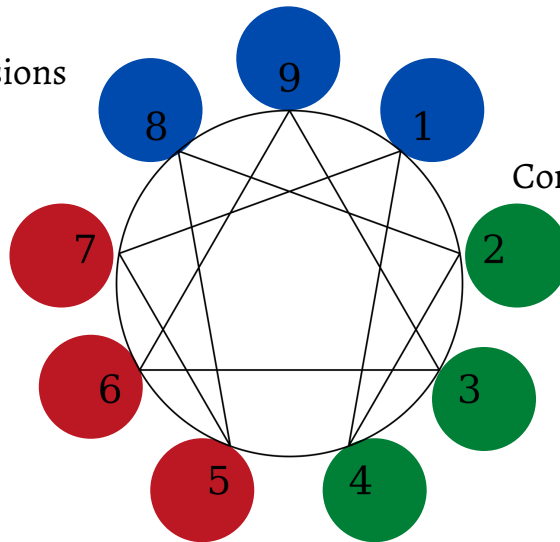
## Feeling Center

Types 2, 3, 4

Use their heart to make decisions

Struggle: Shame

Common Desire: Significant Identity



For overview of and communication tips  
for each Enneagram type, visit  
[www.themosaiccoach.com/resources](http://www.themosaiccoach.com/resources)



Want to learn more?

Contact me for a free coaching consultation!

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