

MORE THAN A NUMBER

*The Enneagram and
Integrative Intelligence™*



Most people think of the Enneagram as just a “typing tool”, and use it:

- To establish how they are different from others
- To justify their behaviors (healthy or unhealthy) to others

THE ENNEAGRAM IS SO MUCH MORE THAN A NUMBER



THE ENNEAGRAM IS A DEVELOPMENT MAP FOR YOUR
OWN PERSONAL GROWTH

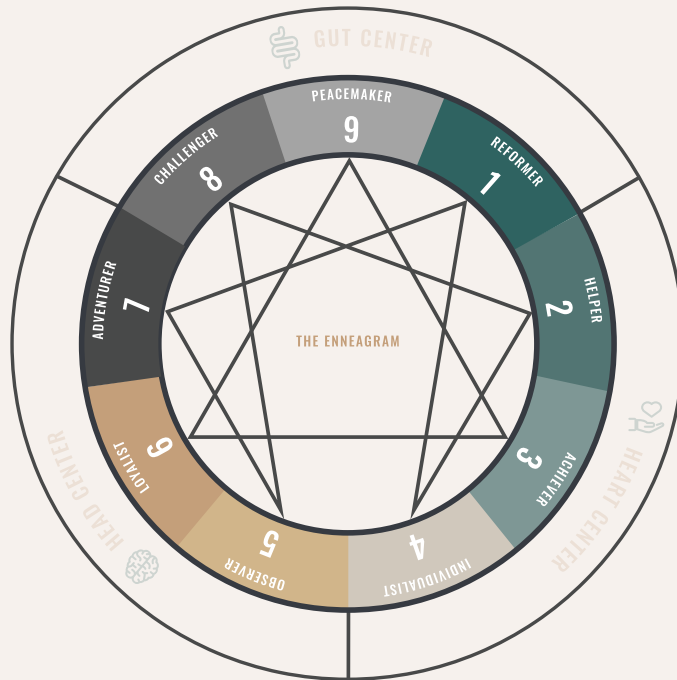
IT TEACHES US HOW TO:

Recognize our
habitual patterns of
behavior

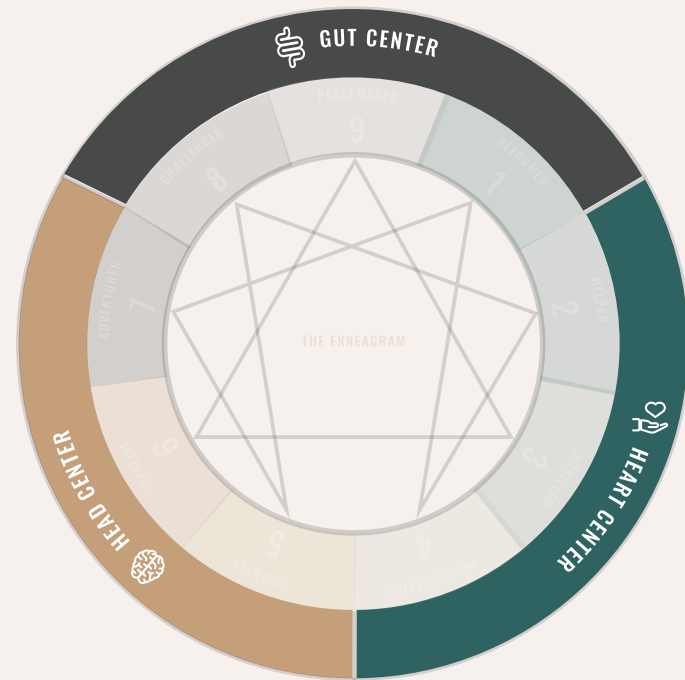
Access and leverage
our other sources of
strength



IT'S NOT **9** NUMBERS FOR
NAVAL-GAZING

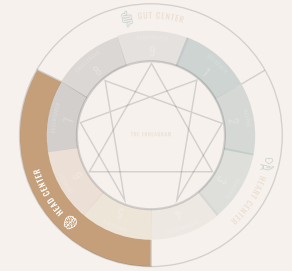


IT'S **3** INTEGRATED
CENTERS OF INTELLIGENCE





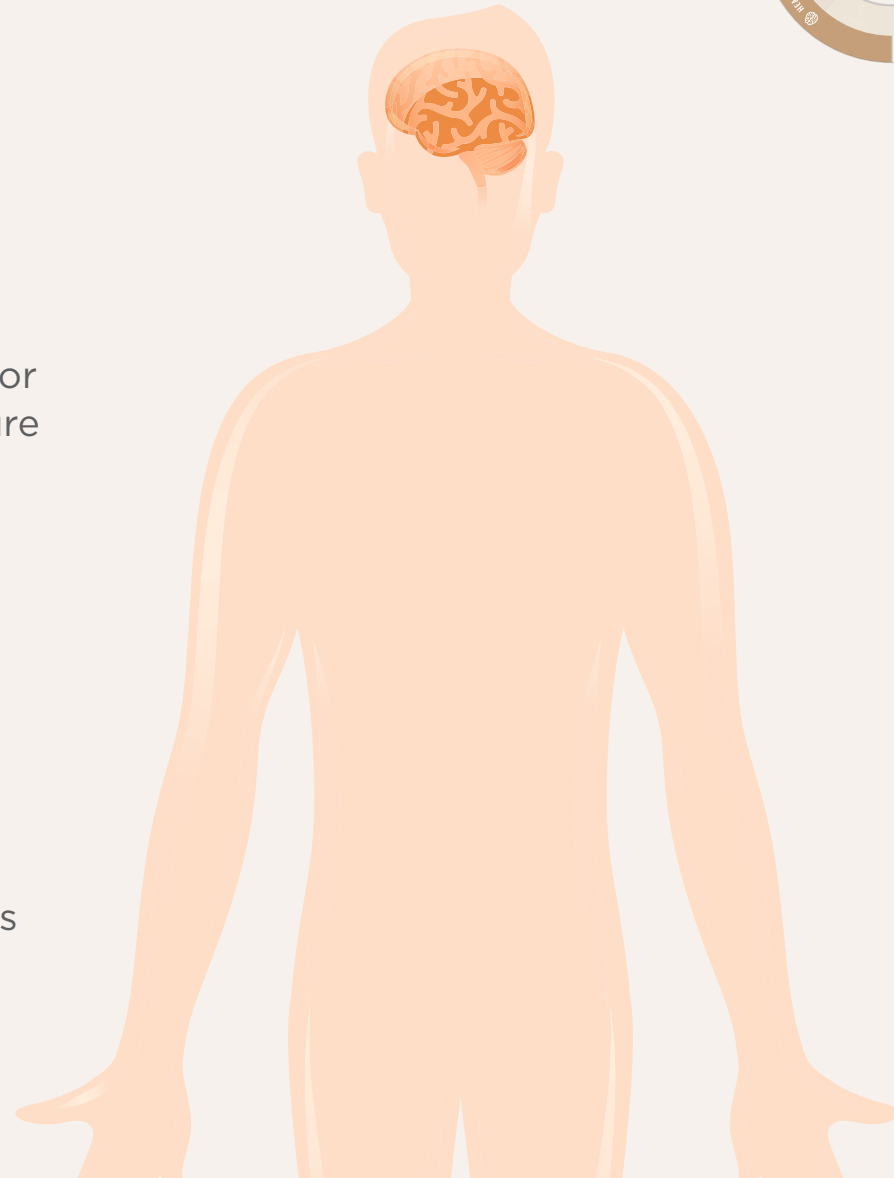
THE HEAD CENTER: IQ (INTELLECTUAL INTELLIGENCE)



Analyzing, conceptualizing, searching for meaning and certainty by trying to figure things out, planning, generating ideas, perceptions, predictability

We rely on this center for:

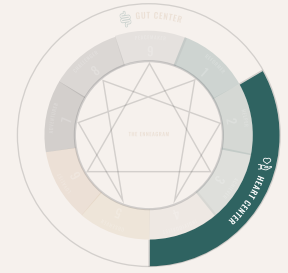
- Inquiry
- Conceptual thinking
- Understanding
- Explaining ourselves and scenarios
- Data Collection





THE HEART CENTER: EQ

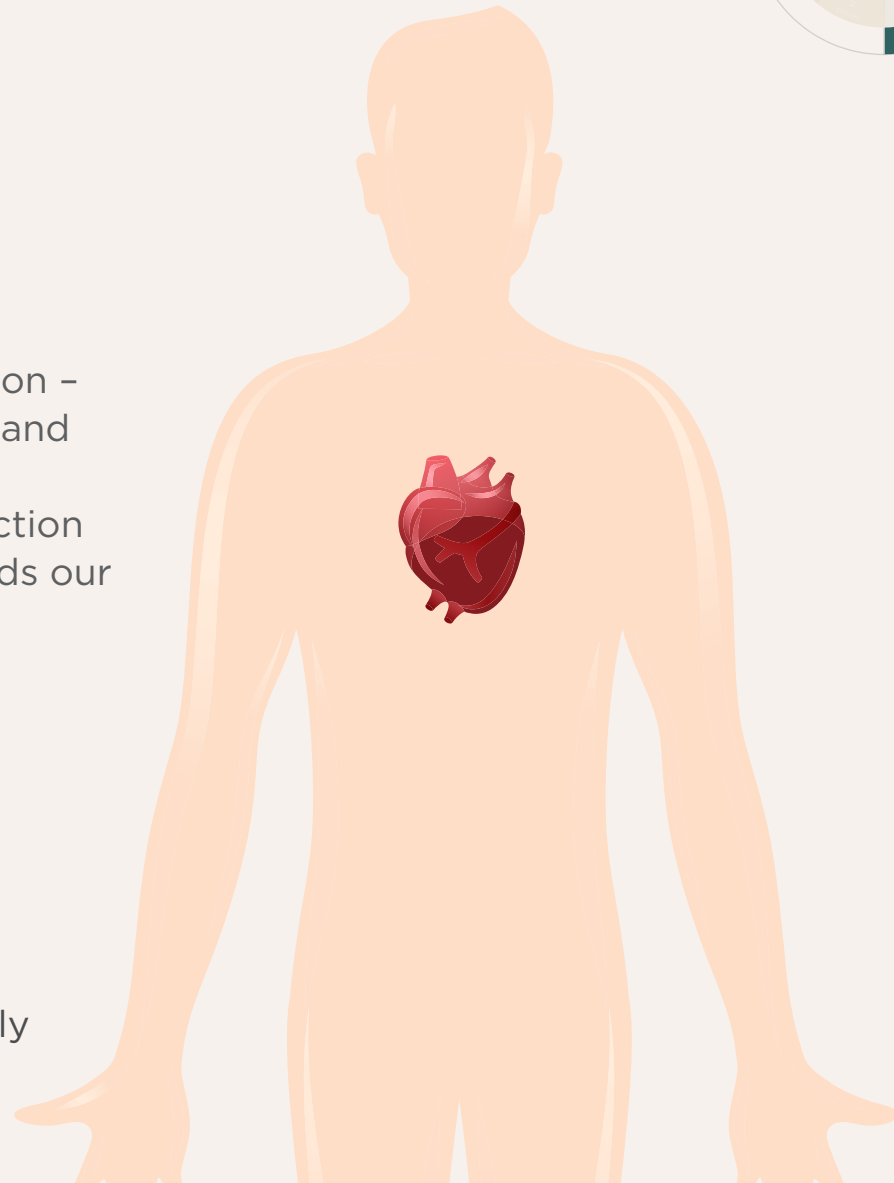
(EMOTIONAL INTELLIGENCE)



Relational, emotional bonding, connection – provides information through the heart and receives impressions instantly. We scan outside ourselves and search for connection to others and the world. This center holds our collection of experiences.

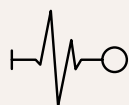
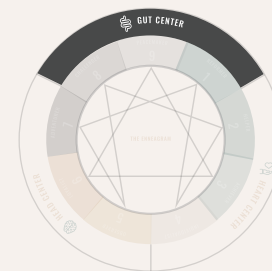
We rely on this center for:

- Authentic Relating
- Mentoring
- Reading Group Dynamics
- Feeling fast without thinking deeply
- Empathic connection





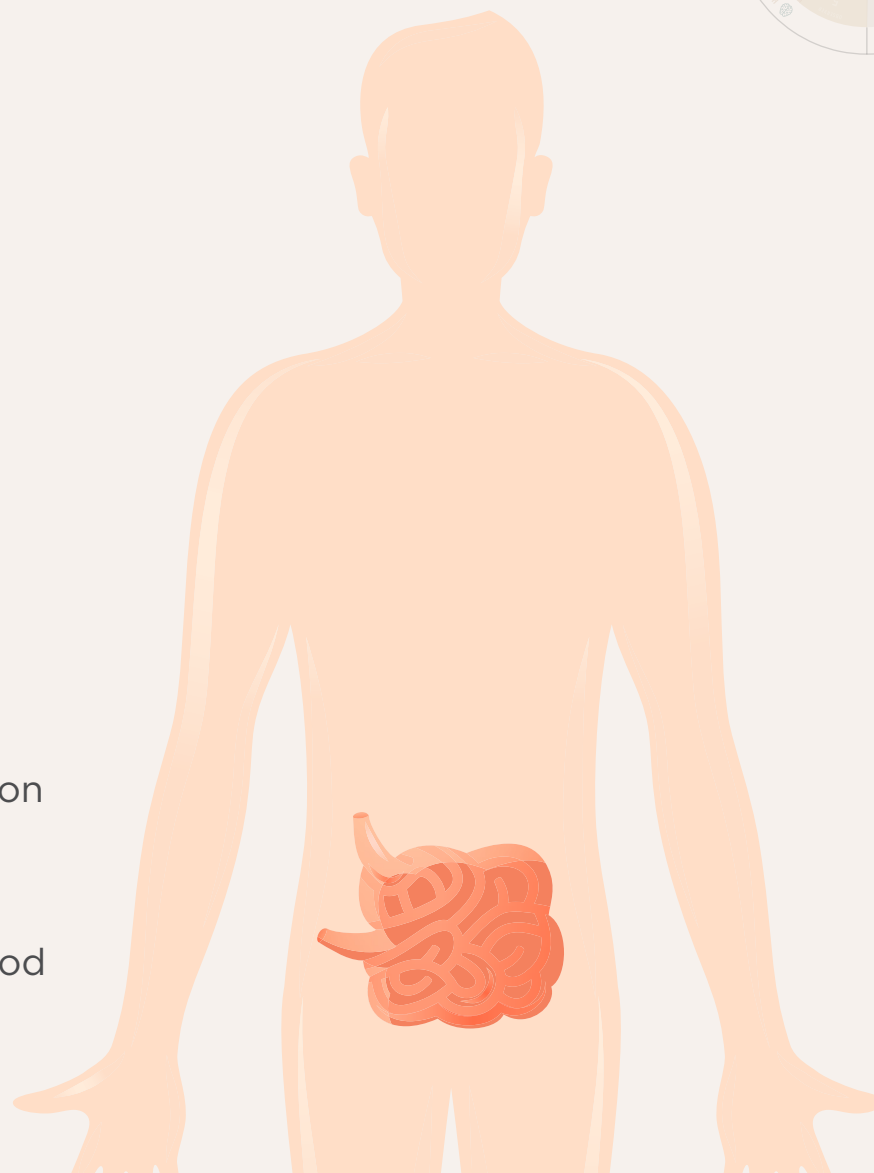
THE GUT CENTER: SQ (SOMATIC INTELLIGENCE)



Signals from an unexpected source, a knowing that is different than cognitive knowing. 'Hardwired' biological inner knowing, listening to sensations from the body, aliveness, presence, groundedness, steadfastness, immediacy.

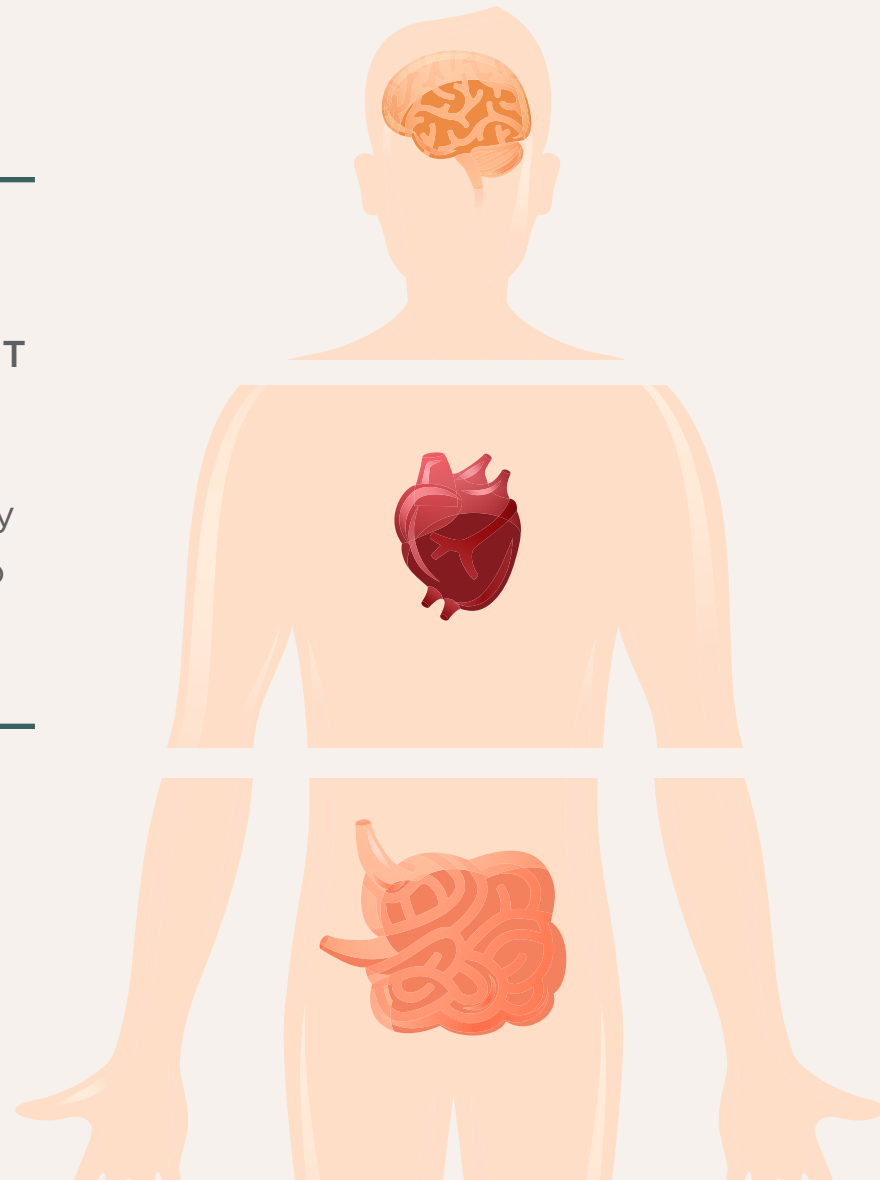
We rely on this center for:

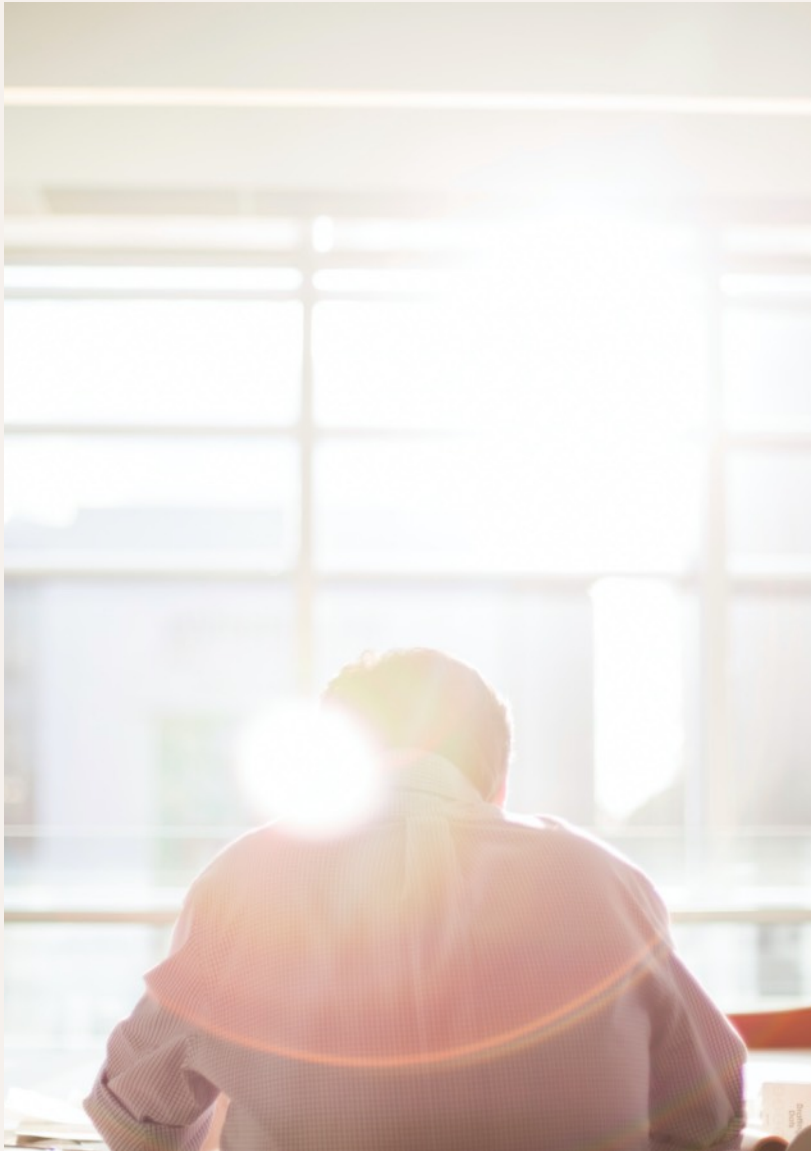
- Taking immediate and effective action
- Ability to sense what is needed in a situation to survive
- Distinguishing right from wrong, good from bad, pleasure from pain



WE EACH HAVE A CENTER (HEAD, HEART, OR GUT) THAT IS DOMINANT

However, when you rely too heavily on your dominant center, you're really only bringing $\frac{1}{3}$ of your power and ability to any situation



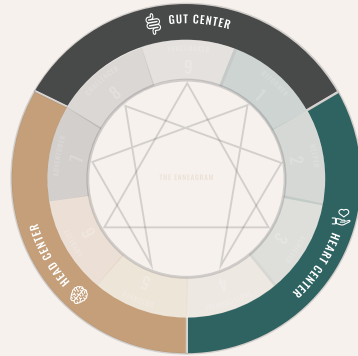


“Why be only 1/3 of a person?”

- Russ Hudson, author of “The Wisdom of the Enneagram”



EXPERIENCE
DEEPLY ALL THAT
LIFE HAS TO
OFFER. EMBRACE
ALL THREE OF
YOUR CENTERS.



WANT MORE? READ CHRISTY'S ARTICLE
[THREE-CENTERED LEADERSHIP](#)

“So when times get tough, when I feel that wave of anxiety and uncertainty wash over me, I convene a meeting of my Internal Board of Directors... I check in with my Head (the stories I’m telling), my Heart (my emotions and relationships), and my Gut (my body, my physical situation, my instincts) to gather input on my current situation and generate a plan of action.”



CONTACT CHRISTY KENNEDY TO
LEARN MORE

christy@cultureconscious.work

