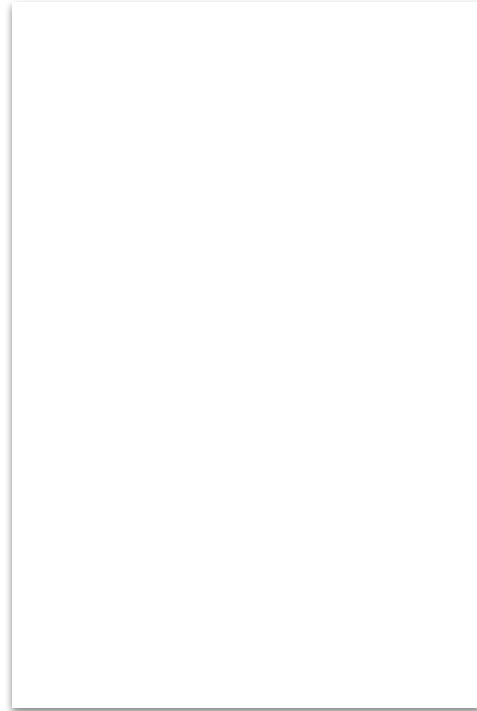


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Friday Nights Were Never Made for Work! Using the Enneagram to Find Rest, Health, and Healing.

Nii Kpakpo Abrahams
Asst. Director of Undergraduate Admissions
Anderson University

[Hi everyone, meet college Nii]



[Hi everyone, meet ICON]

A screenshot of a Zoom meeting interface. The main area displays a grid of 18 video thumbnails, each with a name and a muted microphone icon. The participants are:

- Jenna Zwiller
- Nii Abrahams
- Kim Cozzi
- Katrin Danielson
- Wyatt Lawson
- Sable Robinson
- Kelly Waggoner...
- Aaron Lloyd
- Lauren Jay
- Cari Freed
- Claudia Hoffman
- Briannah Bieghler
- Claire McNamar...
- Shanel Melwid
- Catherine Ficker
- INACAC Exec Com...
- Colin McNamara
- Haedyn Scgalski

The bottom control bar includes the following elements from left to right:

- Unmute (muted)
- Stop Video (video off)
- Participants (18)
- Chat
- Share Screen (green icon)
- Record
- Reactions (+)
- Leave (red button)

Additional UI elements include a green checkmark in the top left, a 'Speaker View' button in the top right, and a 'PROUD HOOSIER' banner in the background of the Kelly Waggoner thumbnail.



Industry

- **Never-ending cycles**
One day it's move-in, next day you're traveling.
- **No built-in downtime**
Every season is "on."
- **Advocating is emotionally draining**
Caring is exhausting!
- **Competition**
If you're not talking to a student, someone else is...



Cultural

- **Go BIG or go Home**
- **If you're not hustling, you're not trying**
- **Get to "the top" ASAP**
- **Achievement > everything**

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Are wine nights
and
Netflix-binging
enough?

—
Have you ever noticed
that everyone talks
about **burnout** AFTER
people burn out?

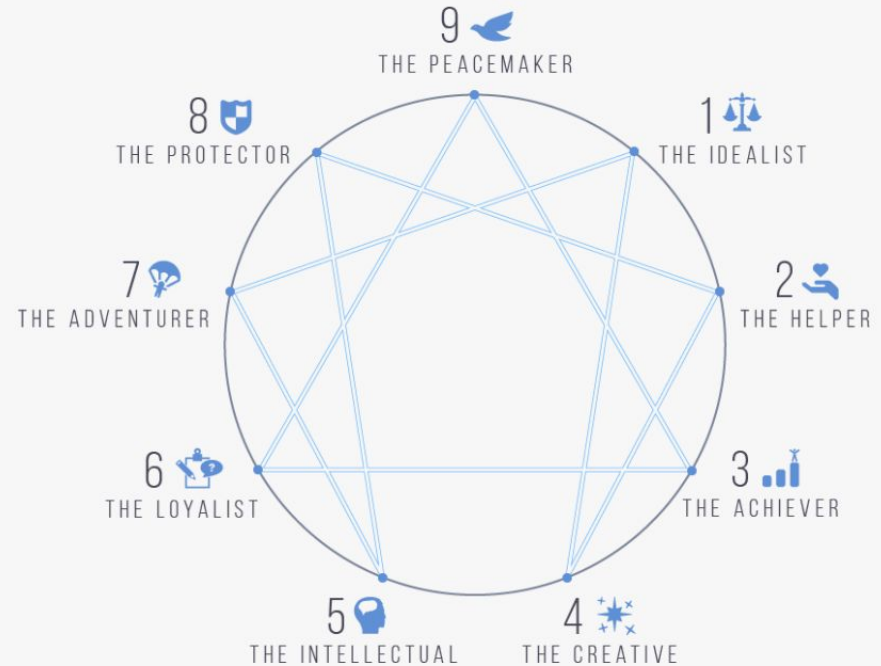


Health > Balance

What is the Enneagram?

The Enneagram is a system of personality typing that describes patterns in how people interpret the world and manage their emotions.

The name Enneagram comes from the Greek: Ennea is the Greek word for nine and Gramma means something that's drawn or written.



Understanding the Enneagram

Each of the nine personality types is defined by a particular core belief about how the world works.

Understanding a person's Enneagram type helps us to see why they behave the way they do.

The Enneagram also helps us understand how people react to stress.

ENNEAGRAM 1: “The Reformer”

Core Fear: Of being corrupt/evil, defective

Core Desire: To be good, to have integrity, to be balanced

Core Motivation: Want to be right, to strive higher and improve everything

Reasonable, Conscientious,
“There's a sensible way of
handling things”

Inflexible, intolerant and
self-righteous. Unreasonably
harsh with others, bitter and
depressive.

HEALTHY

AVERAGE

UNHEALTHY

Manipulate others by
correcting them.

ENNEAGRAM 2: “The Helper”

Core Fear: Of being unwanted, unworthy of being loved

Core Desire: to feel loved

Core Motivation: Want to be loved, to express their feelings for others, to be needed and appreciated

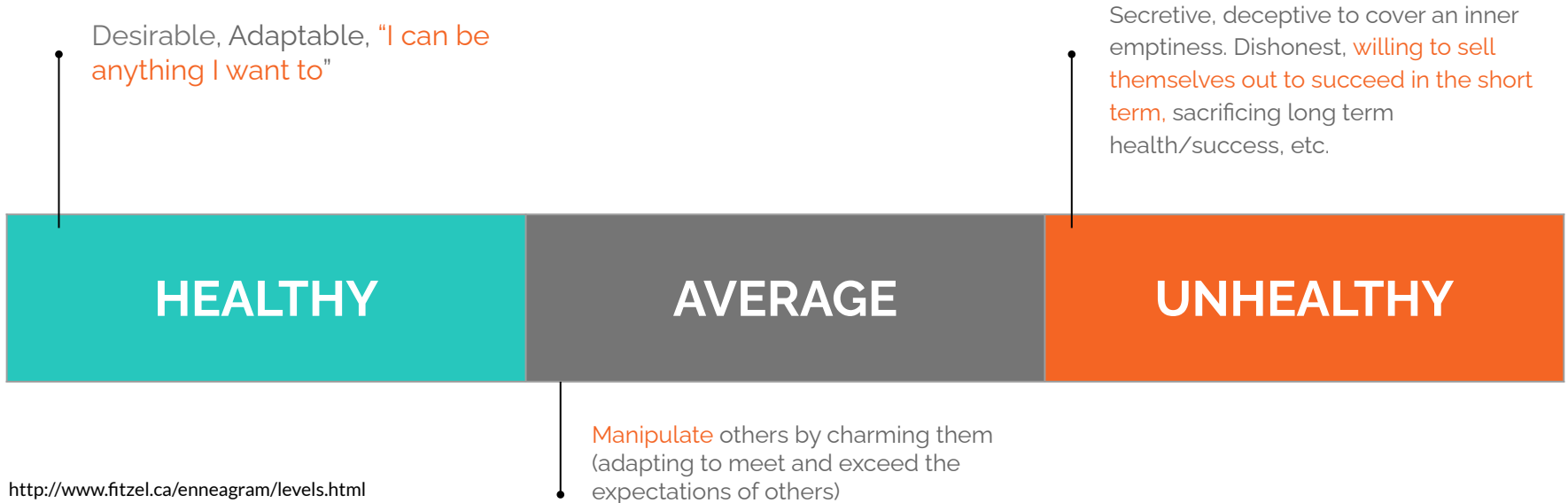


ENNEAGRAM 3: “The Achiever”

Core Fear: Of being worthless

Core Desire: To feel valuable and worthwhile

Core Motivation: Want to be affirmed, to distinguish themselves from others

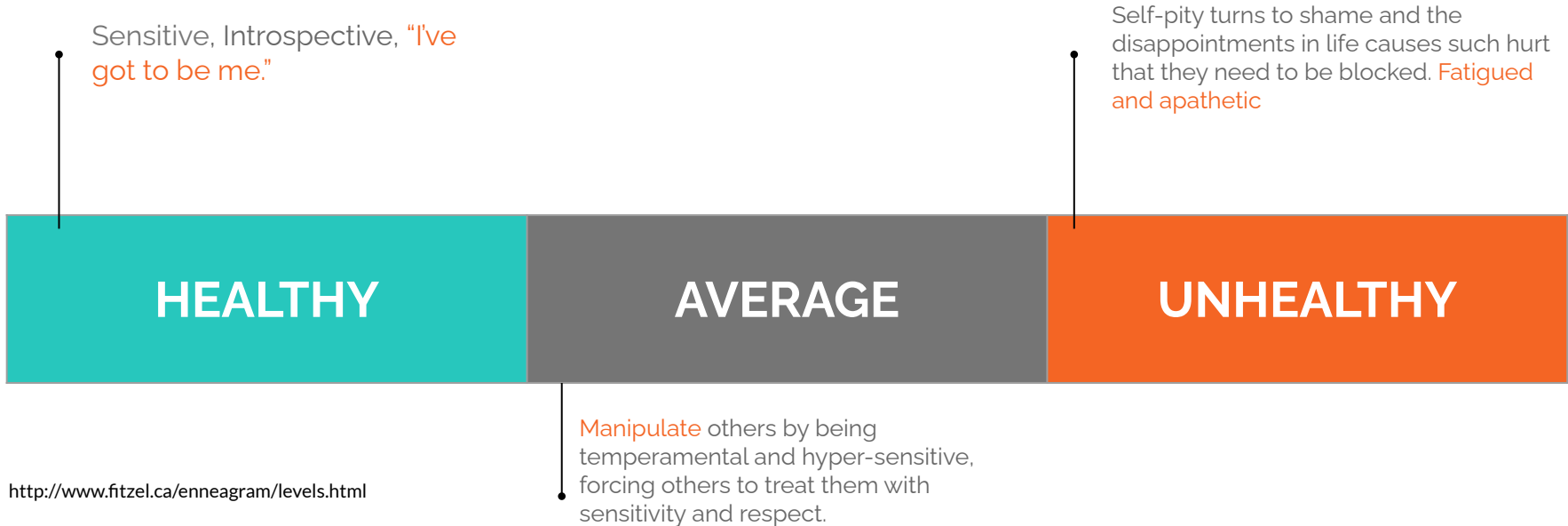


ENNEAGRAM 4: “The Individualist”

Core Fear: that they have no identity or personal significance

Core Desire: to find themselves and their significance (to create identity)

Core Motivation: want to express themselves and their identity, to create and surround themselves with beauty

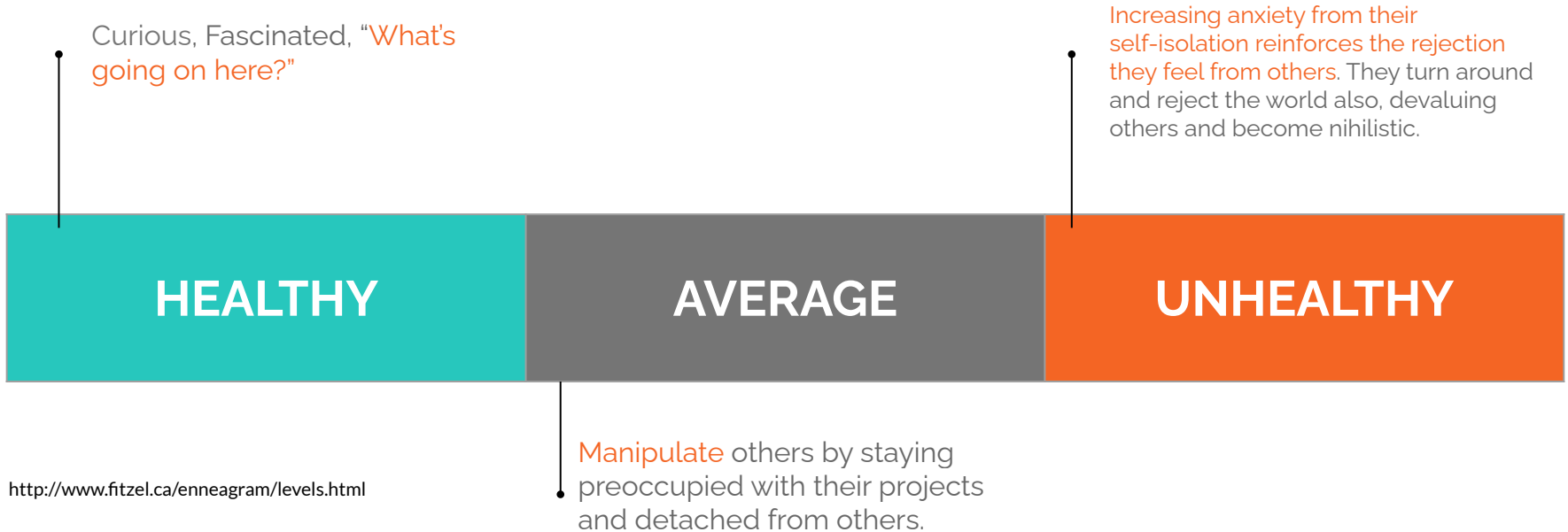


ENNEAGRAM 5: “The Investigator”

Core Fear: Being useless, helpless, or incapable

Core Desire: To be capable and competent

Core Motivation: Want to possess knowledge, to have everything figured out so to defend themselves



ENNEAGRAM 6: “The Loyalist”

Core Fear: Of being without support and guidance

Core Desire: To have security and support

Core Motivation: Want to have security, to feel supported, and to have certitude and reassurance

Reliable, Engaging, “Can we be friends? What can I trust?”

Lean heavily on their support systems, take little initiative and avoid responsibility. They disparage themselves, hoping to illicit the pity and rescue of a protective figure.

HEALTHY

AVERAGE

UNHEALTHY

Manipulate others by testing their loyalty and trust to them.

ENNEAGRAM 7: “The Enthusiast”

Core Fear: Of being deprived and in pain

Core Desire: To be satisfied and content-to have their needs fulfilled

Core Motivation: Want to maintain their freedom and happiness, to avoid missing out on experiences

Enthusiastic, excitable, spontaneous, “If life gives you lemons, you make lemonade.”

Completely uninhibited, they seek any kind of thrill or stimulation. Their impulsiveness borders on the infantile, acting out whatever whim or escapade comes to mind.

HEALTHY

AVERAGE

UNHEALTHY

Manipulate others by distracting them and demanding that others meet their needs.

ENNEAGRAM 8: “The Challenger”

Core Fear: Of being harmed or controlled by others

Core Desire: To protect themselves (to be in control of their own life)

Core Motivation: Want to be self-reliant, to prove their strength, to dominate the environment

Strong, Self-Reliant, “I am the master of my fate.”

They feel rejected and betrayed by the world. Being brutal, violent, and treacherous are seen as the only way to survive. They trust nothing except their own wits.

HEALTHY

AVERAGE

UNHEALTHY

Manipulate others by dominating others and insisting they obey.

ENNEAGRAM 9: "The Peacemaker"

Core Fear: Of loss and separation

Core Desire: To have inner stability "peace of mind"

Core Motivation: Want to create harmony in their environment, to avoid conflicts and tension,

Peaceful, humble, gentle, I won't be knocked off balance

Accommodation has turned into allow themselves to be exploited. They resist dealing with reality or any kind of change. Incapable of taking any action, they neglect their responsibilities.

HEALTHY

AVERAGE

UNHEALTHY

Manipulate others by "tuning out" the pressure to change from others.

4 Ways to Practice Soul Care

Silence & Solitude

Sabbath

Simplicity

Slowing

**The Ruthless Elimination of Hurry - John Mark Comer*



Resources (A drop in the bucket)

- <https://www.enneagraminstitute.com>
- <https://www.truity.com/enneagram/what-is-enneagram>
- <http://www.fitzel.ca/enneagram/levels.html>
- The Ruthless Elimination of Hurry - John Mark Comer
- The Road Back to You - Ian Morgan Cron & Suzanne Stabile
- Test:
<https://www.eclecticenergies.com/enneagram/test>
- Typology Podcast (Ian Morgan Cron)
- The Sleeping at Last Podcast