

Enneagram and Emotional Intelligence

INTRA PERSONAL

Deepening Self-Understanding

- recognizes the motivation and core fear that drives behavior
- ability to observe internal stories and behavior patterns that limit growth
- good access and use of three centers of intelligence: head, heart, body
- demonstrates a grounded self-confidence, knows gifts and growing edges

Self-Regulation

- works with impulses to lessen reactivity
- self-initiating
- ability to create an environment of trust and a willingness to change

INTER PERSONAL

Social Awareness

- good boundary awareness and ability to manage time
- sensitivity to others' emotions and non-verbal cues
- awareness of impact on others

Social Skill

- ability to see numerous viewpoints and welcome diverse perspectives
- understands team dynamics and works for common good
- ability to sustain curiosity
- good balance of self-referencing and other-referencing

Leaders with strong emotional intelligence (EI) are far more effective, outperforming annual targets by 15 to 20%. According to Daniel Goleman, effective leaders are alike in one crucial way: they all have a high degree of EI.

