

JG & Co. Present

HIGH PERFORMANCE COMMUNICATION FT. THE ENNEAGRAM

PARTICIPANTS GUIDE

Together we will:



Form strong team goals



Learn about the Enneagram



**Reflect on the Enneagram and
You**



**Create a plan to share the
Enneagram**

MEET YOUR COACHES

GEORGIA MCKEE

As a Theology major and Communications minor, Georgia has spent many years studying the Enneagram. She implemented her studies in her collegiate team and examined how the Enneagram took her team to the next level, making her enthusiastic to make this course available to all coaches and players.



JESSICA PARENTE

As a Communication Studies major, Jessica understands the importance of interpersonal communication, especially within a team environment. As a Division I collegiate athlete, she's seen firsthand how the Enneagram can reprogram and elevate the culture of a team, and now strives to give all college teams the same success that she experienced.



NOW, LET'S GET TO WORK.

LET'S DISCUSS OUR GOALS

Conflicts & Misunderstandings

Team Goals

THE ENNEAGRAM AND YOU

Once you have completed the Enneagram evaluation, answer these questions:

I am a _____, wing _____.

5 Strengths My Number Has

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-
-
-

5 Weaknesses My Number Has

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-
-
-

Other Notes on My Number

THE 9 TYPES

Type	Characteristics	Basic Fear	Basic Desire	Watch out for	Gifts	Appreciate it when others...
One	The Reformer Principled, Diligent, Perfectionist, Thorough	Imperfection	To have integrity	Over criticism; resentment	Work hard make the world a better place	...work hard and pay attention to detail; speak with conviction; follow through with promises
Two	The Helper Empathetic, Friendly, Selfless, Passionate	Being unloved / unwanted	To be loved and appreciated	Resent when help is not reciprocated	Creates a welcoming space for others and acknowledges people's positive traits	...give them affection, quality time, and gives them praise when deserved
Three	The Achiever Ambitious, Hard-working, Competitive	Being worthless and feeling no value from achievements	To be successful	Impatience and over-analysis	They take initiative and get things done.	...notice their hard work; remind them that their worth is not in their success; speak quickly and to the point
Four	The Individualist Creative, Self-conscious, Authentic	Lack of identity	To be oneself	Backing out of relationships when they are misunderstood	Creativity and ability to create a vulnerable environment	...give affirmation about their unique features; gives them a safe space to share their feelings
Five	The Investigator Curious, Independent, Insightful	Helplessness	Competence	Observing but not participating	Giving strong advice and insight due to their observations	...respect their need for personal space; create a space to share their ideas
Six	The Loyalist Committed, Responsible, Reliable, Trustworthy	Lack of support and guidance	To fund support	Lack of confidence in decision making	Loyalty to the people in their life and their community	...give clear expectations and not change those expectations; reassurance when needed
Seven	The Enthusiast Optimistic, High-energy, Versatile, Fun	Being stuck in pain / sorrow	Happiness	Ignoring and not handling the negativity in their life	Bringing energy and fun to their communities / relationships	...let them embrace their spontaneous side; participate in engaging and thrilling activities
Eight	The Challenger Confident, Strong, Decisive, Assertive	Being controlled by others	To protect oneself	Lack of vulnerability	Advocates for all and creates healthy environments	...respect their trust; are honest and direct in all situations
Nine	The Peacemaker Trusting, Supportive, Calm, Accepting	Loss and separation	To have peace and inner stability	Conflict avoidance	Being able to see multiple perspectives and are accepting of all people	...allow them to do things at their own pace

ENNEAGRAM LESSON PLAN

Key Objectives

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This training will be conducted on ___/___/___.

This training will be ___ hours.

This training will take place at _____.

I definitely want to include...

-
-
-
-

Other Lesson Plan Notes:

NOTES

COURSE EVALUATION

I'm glad that you:

I wish that you:

I'm glad that I:

I wish that I:

**THANK YOU FOR YOUR TIME, EFFORT, AND DEDICATION TO
TAKING YOUR TEAM TO THE NEXT LEVEL!**