



Resources To Learn About and Engage with the Enneagram compiled by Susan Coughlan, [Art of Change](#)

The Enneagram is a powerful tool for personal growth and transformation. Combining traditional spiritual wisdom and modern psychology, it provides profound insights into our patterns of thinking, feeling and behaviours as well as the inner motivations behind them.

This is my curated list of some of my favourite, reliable resources on the Enneagram. The best way to determine and learn about your type is to study, self-observe and reflect using resources to support you. If you are ready to learn more, then this is a great place to start. There is a lot of information about the enneagram freely available on the internet and it is important to make sure your sources are of quality. This selection is informed by my enneagram teachers Russ Hudson, Beatrice Chestnut, Uranio Paes, Ginger Lapid Bogda – and I am very grateful to all of them.

General Information: For general information about the 9 types I recommend [Enneagram Alive](#), Learn tab with [CP Academy](#) and for [how the enneagram system works](#) and [common enneagram questions](#) and exploring the [relationships between the enneagram types](#).

Daily encouragement for your type – Sign up to receive this short Enneathought [daily enneagram email](#) as a practical way to engage with your type or figure out your type if you have two possible types you are considering.

Enneagram at work The Enneagram describes nine ways of seeing the world that are very different from one another, each with unique strengths, blind spots and communication styles. Learning to recognise these different points of view enables us to better understand the motivations, needs and concerns of ourselves, our coworkers and colleagues. [Improve relationships in the workplace](#), free [ebooks designed for the workplace](#) on topics as broad as what each type values on a team to enneagram and jazz or what south african animal your type might be. Explore! [The Enneagram MBA podcast](#) is a series of short podcasts specifically about understanding people at work and navigating professional relationships.

Enneagram For Fun [This 15 min video introduction to the enneagram types based on movie characters is great](#). **Songs** composed for each type by Sleeping At Last– this is the one for [type 9](#). A short article on [the enneagram types according to Pooh](#) and characters from the Apple series [Ted Lasso](#)

App: [Know your Type](#) is a handy app for a pocket-sized overview of the enneagram and how enneagram types relate to one another. It's accessible and a helpful way to get to know the types and how they relate to each other.

Books:

[The Enneagram Guide to Waking Up](#) by Beatrice Chestnut is an excellent guide. For a fun and simple introduction try [The Enneagram Made Easy by Renee Baron & Elizabeth Wagele](#). Other authors I highly recommend to explore are [Beatrice Chestnut](#), [Helen Palmer](#), [Russ Hudson](#), [Ginger Lapid Bogda](#) and [Richard Rohr](#). [The Wisdom of the Enneagram](#) by Russ Hudson is the best all-rounder book I've found. [The Modern Enneagram by Kacie Berghoef and Melanie Bell](#) is very accessible and colourful

Panels: Types [8](#) [9](#) [1](#) | [2](#) [3](#) [4](#) | [5](#) [6](#) [7](#)

The best way to learn about each type is through inquiry about how that type experiences life. In each of the type panel videos below, Beatrice Chestnut (one of my teachers and a leading Enneagram author and licensed psychotherapist) interviews a group of 3-6 people that exemplify that particular Enneagram type. The panellists share their experiences, motivations, behaviours and learning. Beatrice introduces distinctive characteristics of that type, and then asks the panel:

- how they recognise themselves as that type,
- how they grow,
- how they navigate relationships, and
- a Q&A from the audience.

Each interview is about 1.5 hours and is rich with different expressions of each Enneagram type.

Tests: You can take an online test, though even the best are not 100% accurate so it is best to pair an online test with a typing session with a trained enneagram coach. Any enneagram test is just a starting point. The test I most use is this paid CP Academy [test](#) which provides a 20 page report or there is a simpler and free version called [The CP Enneagram Micro Test](#). The [Truity](#) online test and the [RHETI](#) both give a breakdown of the percentages you score within each type instead of giving you just one or two numbers.

Energy work [exercises for developing each type](#) and this is a great [Article](#) by Peter O'Hanrahan on the emotional habits of different enneatypes. And [this](#) a great and entertaining video introduction to the three instincts (which all types have) and how they relate to the creative process.

There are many enneagram **podcasts** out there [to explore](#). My teachers [Enneagram 2.0 podcast](#) is excellent, [Enneagram and Coffee](#), [Typology](#) features interviews with recognised Enneagram teachers, artists, business leaders, neuroscientists, and others who are using the Enneagram for personal transformation.

If you are unsure of your dominant Enneagram type, schedule a session with me [here](#) to help you land yours. Through this process you can learn your thought patterns and developed habits, and, how knowing these will help you develop professionally and personally. You will leave the typing session having identified your two most likely enneagram types and why that is the case along with strategies and direction for growth and development.

“You can think of the Enneagram as a roadmap — or more accurately, a soul map — for understanding who you are so you can live on purpose and be all that you were destined to be. This powerful personality typing system is a gateway to your inner wisdom that can help you access wholeness, true intimacy, and more authentic relationships. The 9-point Enneagram symbol represents nine unique types or energies, each with specific traits, behavioural patterns, and tendencies — and each with unique gifts. Working with the Enneagram sheds light on the fears, desires, and motivations that — often unconsciously — fuel your world view and behavioural patterns. It also helps you understand specific dynamics within your relationships, opening you up to compassion and empathy, for yourself and others.” Russ Hudson