



# What's Your Tribe?: An Enneagram Guide to Human Types at Work and Play

*Lee Kingma*

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The Enneagram is an ancient model for identifying nine personality types. Despite its roots it has been scientifically validated in modern psychological research. What's Your Tribe? uses the Enneagram to give readers a practical tool to understand their own and others' behaviour, improving relationships at work and in their private lives.

In this title the nine types of the Enneagram (the tribes) are richly illustrated using ordinary people as examples, who identify with a specific type. For example: The Challenger - the Lion: Takes charge, is a straight-talker, likes to do things his or her way, may walk over others yet inspires them and may make sacrifices for others. The Peacemaker - the Crocodile: Sits things out rather than pushes for an outcome, may procrastinate, but remains calm under pressure, and sees both sides of the argument.

Two easy-to-complete tests guide readers to their type. Practical advice is given on how to become more self-aware and how to bring out the best in the people with whom we connect. The author also deals with conflict as a normal occurrence and suggests how, with a knowledge of the Enneagram types, we can be more skillful in dealing with conflict and conflict resolution.

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