

The logo consists of a light blue geometric design, resembling a complex star or a series of overlapping triangles, positioned behind the text.

EnneaTest®

"A valuable opportunity to trigger your personal and professional growth path."

What is the Enneagram?

In times of great transformation sometimes we wish we had a tool to help us better read ourselves and others around us. Here is where knowledge of the **Enneagram, a powerful tool for decoding** why we are the way we are, our behaviour, how our character traits influence us in situations that bring us happiness or unhappiness, can come to our aid. It helps us to understand more deeply **what we are afraid** of and what we run away from, **to identify our strengths on which to trigger change**, how instead to **recognise the traps we fall into**.

Today there are many paths and tools for knowing ourselves: the Enneagram is among them. A tool of awareness for better self-knowledge and understanding of others who, like us, fall back into their automatisms and fears.

The Enneagram is a tool that identifies **9 main personality types** that lead back to a primary conditioning aspect and automatisms that we do not recognise and struggle to get rid of. From childhood we have built defence mechanisms that generate recurring compulsions and anxieties whenever we are in trouble.

The power of the Enneagram is precisely its becoming a traveling companion at our service, valuable support because of its ability in reading us and others, and **to guide us on how to work on the blocks and conflicts** that prevent us from being as we would like to be.



Enneatype Seven

Your test result is:

Enneatype Seven

The Enthusiast

Enneatype Seven is one of the nine personality types described in the Enneagram system.

The Enneatype Seven, also known as the **Enthusiast**, the **Optimist**, the **Epicurean** or the **Adventurer**: they are known to have a strong appreciation of life, which helps them cultivate relationships with friends, colleagues and family and live experiences with the utmost enjoyment and happiness. They are decisive and bold, make important decisions and have a strong creative energy that drive them toward new experiences and adventures.

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Enneatype Seven

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Enneatype Seven

Enneatype Seven tends to make their life an **exciting adventure**. They desire to have many and varied experiences. They have a tendency to dream of a future in which new and better experiences await them. They are a **quick thinker** with lots of energy and plans. They tend to be outgoing, talented, creative and open-minded. They are practical and have multiple skills.

The Enneatype Seven knows how to move among networks of people and promote their interests. They often have an entrepreneurial spirit and are able to convey their enthusiasm to those they come in contact with, and when they can best express their talents they are often successful in what they do.

However, staying focused is not an easy thing for Enneatype Seven. They soon get bored. Their tendency to believe that something better awaits them and that there are better opportunities makes it difficult for them to commit consistently to their goals. They may start a project with a lot of energy and abandon it after a short time; they tend to have a **harder time committing themselves consistently** and over a long period of time.

Enneatype Seven can be overconfident and tends not to consider the consequential risks of their actions for themselves or others. This tendency can lead to complicated situations, although they can usually handle them because of their **propensity to always see the positive side of things**.

The central problem for Enneatype Seven is the compulsive pursuit of pleasure due to hunger for new experiences, but also from escape mechanisms from everyday problems. More than others they suffer boredom, suffering and pain. When faced with emotions that cause them discomfort, they tend to escape, turning their interest to something that makes them feel good.

Enneatype 1

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Enneatype 9

For this reason, Enneatype Seven may have a harder time solving their problems because, although they may be aware of their discomfort, they have a hard time staying with it and focusing on solving it, as they tend to ignore whatever causes them pain.

"They are enthusiastic, curious, sociable and positive. Their natural propensity for adventure and happiness makes them much loved and respected."

Enneatype Seven often has a high opinion of themselves and their talents; they tend to focus on their strengths and virtues, minimising flaws and vices. They are often **self-centred** and has an unfounded presumption in "having the right to..." do as they pleases. They are among the most narcissistic characters in the Enneagram.

Enneatype Seven **enthusiastically enjoys the pleasures of life** and acts with great permissiveness, that is, they have little guilt about what they do and tend to have ethical and moral values made specifically for their own satisfaction. It is more difficult for them to feel empathy for the suffering of others.

This ever-positive and proactive temperament tends to make the Enneatype Seven an excellent companion: they are **energetic, outgoing** and always ready to make new friends and have new experiences. Their affable, sympathetic and generous nature makes them a loyal friend, partner and beloved relative, while at work they are a natural motivator with strong entrepreneurial vision.

The Enneatype Seven **can also be lazy or even shallow** when it comes to tasks they do not find interesting or engaging. It is crucial for them to pursue exciting projects or ideas, to invest energy in challenging goals. Their impulsive and impatient nature may lead them to not finish work or to jump from one project to another in a disorganised manner.

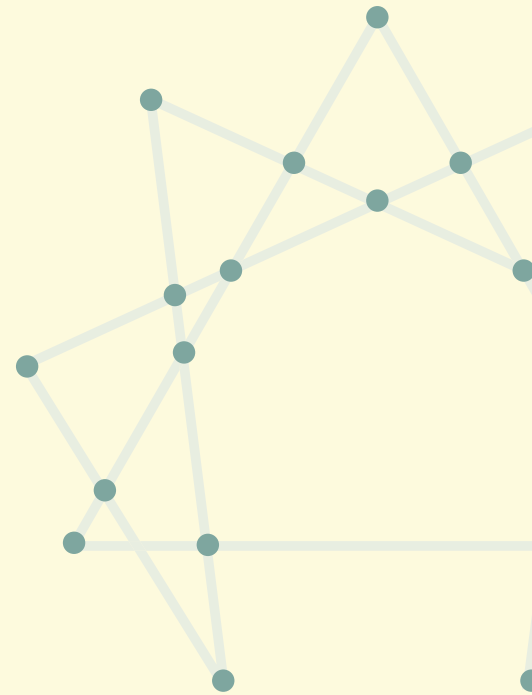
Enneatype Seven generally pays **little attention to details**: they make mistakes or fails to provide careful analysis of an issue. However, their great optimism and confidence in life leads them to always be ready to face any challenge, to see opportunities even in difficult situations, and to maintain a purposeful and enthusiastic attitude.

Enneatype Seven **may exhibit impulsive behaviour.**

Their carefree and curious nature may lead them to take uncalculated risks, forgetting to evaluate the consequences of their actions. In addition, they may show compulsive behaviour in tending to indulge in excessive pleasures, such as eating, drinking, shopping and others in which to explore their curiosity for experiences.

It remains important to note that their impulsive behaviour is often motivated by this very thirst for life and hunger for new experiences. In other words, they want to enjoy every enjoyable aspect of life, and sometimes this behaviour challenges their financial stability and emotional balance. Given the difficulty in focusing on a specific activity, they **may struggle to handle daily responsibilities.** They often get distracted and may think they can do many things at once, but in the end they find they do not have enough time for everything thus thwarting their energy expended in great amounts.

In personal life, Enneatype Seven is very sociable and generally cultivates many friendships. However, they can sometimes become irritable if relationships become too difficult or stressful. In fact, they need a certain degree of freedom and independence and may feel frustrated or limited by relationships that make them feel oppressed or somewhat sentimentally overly attached.



In summary

Enneatype Seven is enthusiastic, curious, sociable and positive. Their natural propensity for adventure and happiness makes them well-liked and respected. However, they must beware of their tendency to take excessive risks and act impulsively. If they can learn to manage their energy and impulsiveness, they can live a full and happy life, successfully accomplishing their activities.

Strengths

of the Enneatype Seven

Enneatype Seven is positive and inviting. They are generally very friendly and nonjudgmental, and their interactions are exciting and engaging: their energy conveys happiness and cheerfulness, and it is impossible not to feel comfortable in their company.

01.

Enneatype Seven is open, friendly and encouraging. They have a **mental disposition that helps them make new connections** and make the people around them feel comfortable.

They are the friend everyone wants to spend time with because they make others feel welcome, valued and appreciated.

02.

Enneatype Seven is generally **optimistic** and always sees the bright side of life, even when things get difficult. Their positive mindset is reflected in their attitude toward life, and this

helps them overcome the greatest challenges. They look beyond problems and find the ideal solution to every situation.

03.

Enneatype Seven has an **alert and agile mind** when it comes to exploring new ideas and initiating new projects. They are happy and infects with their optimism. They get excited about anything that brings novelty and promises

good experiences. They can always adapt to what happens because they can see the good and fun side of things. They have no problem having fun or taking care of themselves.

04.

Lightness is an important component of the Enneatype Seven has the ability not to get caught up in the panic or tension that can often characterise daily life. Their inner childlikeness helps them discover new things in life, remain open to experiences, and embrace changes and challenges.

Being light to them means living life in a playful way, and their actions demonstrate this. They do not take themselves too seriously, are pragmatic, live in the moment because they recognise that life is precarious, and strive to enjoy every minute as if it were their last.

05.

Enneatype Seven has an **excellent ability to relate to others** and to be the one to rely on. They are willing to listen to others and always looks for ways to help them, even if they do not know the solution to the problem well.

They are sympathetic and able to understand people and can provide them with the support they need, even with a compassionate attitude that makes them a trustworthy person.

Enneatype Seven is a **source of positive energy and joy** for others. They are open, encouraging, optimistic, and sympathetic. Their positive and joyful nature helps them create long-lasting bonds with friends, family, partners, but also with colleagues and bosses in business. Nevertheless, they can be absent-minded, superficial or flighty. Their temperament leads them to continually seek positive and exciting stimuli, while they can hardly stand the idea of feeling somehow constrained within a relationship, whether personal or work-related.

They have **great energy in launching themselves into new projects** in which they can become a point of reference. They know difficulties and can lead others without fear of throwing their heart over the hurdle. They are not frightened by unforeseen or difficult situations; on the contrary, they find in these contexts superior energy and commitment to put forth, thus stimulating others to the challenge to face as well.

In summary

Being able to drag a group becomes a great strength of their when it is necessary to do so, and they know how to take others beyond the fears of the challenge. Another trait, which is a recognised strength of their, **is always being able to see the positive side of any experience**, and this leads them to launch themselves into new challenges without letting any negative impacts that happened in previous ones block them.

New connections

Optimism

Fun

Lightness

New challenges

Weaknesses

of Enneatype 7

Enneatype Seven is at times unreliable and can be very difficult to handle on a personal level.

Enneatype Seven can be very difficult to deal with because They are always **focused on satisfying their own needs** thus disregarding the needs of others. They do not seek to build positive or lasting relationships except on their own terms, preferring to live situations opportunistically, rarely committing to offer anything in return.

Their temperament may tend toward **infantilism** (seeking the attention of others and taking advantage of situations), **self-centredness** (trying to satisfy their own needs), and **unreliability** (showing difficulty in keeping promises made to others). These traits can lead the Enneatype Seven to be manipulative and use others to get what they want, for example, exploiting relational debt and thus making themselves a "social predator," as is often the case in relationships born in the professional sphere. Enneatype Seven is prone to lying when feeling threatened or facing significant challenges.

They may have difficulty dealing with reality and its consequences and therefore try to manipulate the situation to their own advantage. This can lead to a loss of trust, a factor that further accelerates the already complicated dynamic between people. Finally, they sometimes have a poor capacity for empathy and is unable to recognise the feelings of others; they may not care about hurting others because they do not see things from the other person's point of view, but only from their own subjective point of view. This **attitude of insensitivity** can deeply damage interpersonal relationships and lead to loneliness for the individual.



01.

Enneatype Seven is often **immature, insecure**, in need of constant attention and appreciation; they tend to show impulsive and immature behaviour, demonstrating a lack of self-discipline and responsibility.

This trait of their temperament may drive them to complaining in an attempt to attract the attention of others and not accept personal responsibility, an attitude that has probably accompanied them since childhood.

02.

Enneatype Seven **tends to be opportunistic**: it looks for short-term opportunities to gain advantage, without concern for the long-term consequences of its actions. It acts so that it always has a profit margin and is unwilling to

share or help others unselfishly. It also seeks to take advantage of the best of times and exploit opportunities for personal benefit, not to improve the overall situation.

03.

Enneatype Seven is **self-centred**. This trait of their temperament is perhaps the most difficult to manage, as it leads them to see life only through their own point of view. They are focused exclusively on themselves, loses sight of the other actors involved in the situation, and this

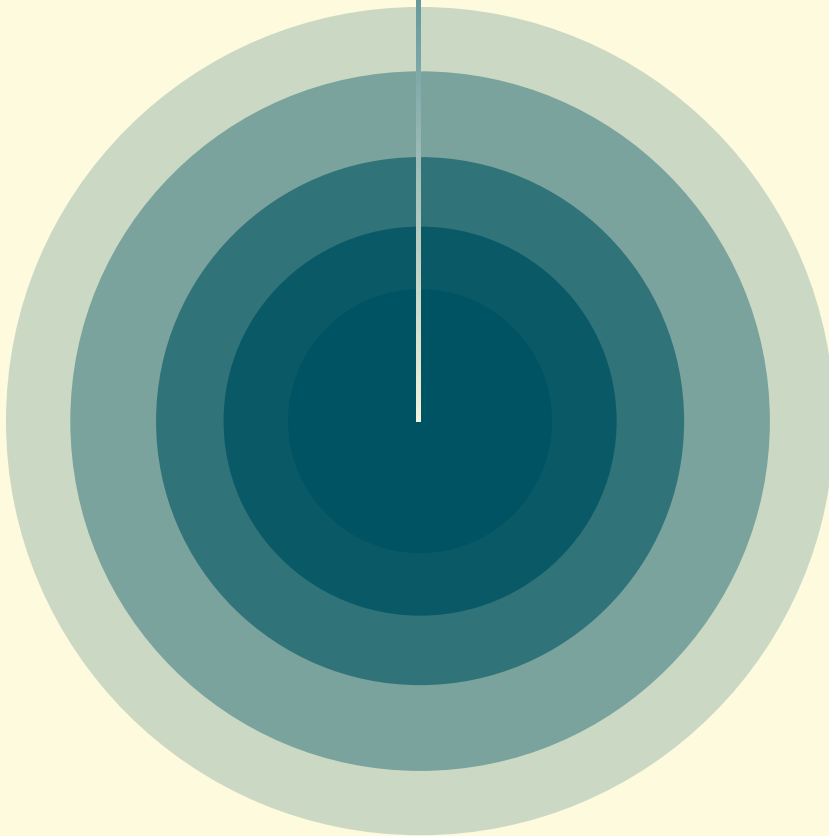
makes them unable to understand the needs and wants of others, including their family members. They will tend to always meet their own need when called upon to make a decision or position and may also be very insensitive to others in doing so.

04.

Enneatype Seven may be **unreliable** in that they are unable or unwilling to fulfil commitments to others. They may be unable to keep to their word to friends, colleagues, or even family members, often without plausible justification.

They will also use deception to succeed in convincing others to take them seriously, which will complicate the situation even more.

Immaturity
Insecurity
Opportunism
Unreliability
Egocentrism



Ultimately, Enneatype Seven can present a number of critical issues for those around it. It is difficult to manage and can cause harm to professional and personal relationships. Some of the characteristics it can present include childish behaviour, insecurities, opportunism, insensitivity and poor sense of responsibility. The complexity of this temperament can make it difficult to enter into a relationship with them immediately, and although they may appear pleasant at first, critical issues may emerge later.

Conflict management

of Enneatype Seven

01.

Enneatype Seven may have more **difficulty** than other Enneatypes in **managing conflict in the company**. However, with the help of some appropriate skills and behaviour, they can learn to manage it effectively while avoiding creating unnecessary tension in the workplace. Enneatype Seven can put their communication skills to use to prevent a conflict from developing or getting worse. For example, they can use a friendly and relaxed tone, avoiding questioning others' ideas, showing interest in what they say and trying to understand their point of view. They may therefore show themselves to be open to dialogue and different opinions, without putting their egocentric temperament too much on display. The Enneatype Seven is **able to recognise when conflict is unavoidable**, knowing how to deal with it appropriately; then they can adopt a strategy that aims to find a satisfactory solution for all parties involved. It recognises that conflict is also an opportunity to improve working relationships and not necessarily a source of destruction.

To implement this strategy, Enneatype Seven can use certain mediation techniques, such as actively listening to the parties involved, identifying everyone's needs and points of view, and finding solutions that respect everyone's needs. is thus able to **avoid turning conflict into a personal confrontation**, focusing instead on objective issues and possible solutions.

02.

At other times, they may not be able to make important decisions or deal with conflict situations. In these cases, Enneatype Seven may **avoid facing problems and run away from tense situations**. This behaviour is often due to aversion to confrontation or fear of hurting someone.

Enneatype Seven's greatest desire is to feel happy and seeks this happiness in the enjoyment of experiences. They have a **hedonistic and permissive attitude** that can degenerate into frantic "escapism" from anything that can bring them boredom, suffering, and pain. For this reason, if conflict arises in areas of no interest to them, they may avoid it even if it were necessary to deal with it.

03.

The opportunistic trait of their temperament may push the Enneatype Seven to **exploit conflict for personal gain**, such as trying to manipulate others or gain control of the group. This kind of behaviour can damage not only working relationships but also professional reputation. Dealing with conflict, which They are capable of, by showing interest in a common goal can enhance their reputation and integrity at the confrontation/ confrontation table, fostering acceptance of their views by others.

04.

Enneatype Seven has all the characteristics needed to avoid fuelling conflict by avoiding exaggerating issues or creating forced controversy. They are able to find a more objective and detached approach, focused on finding a shared solution and preventing unnecessary tension.

Resorting to training and constant updating to **improve their conflict management** and interpersonal relationship skills are certainly an excellent strategy for this Enneatype.

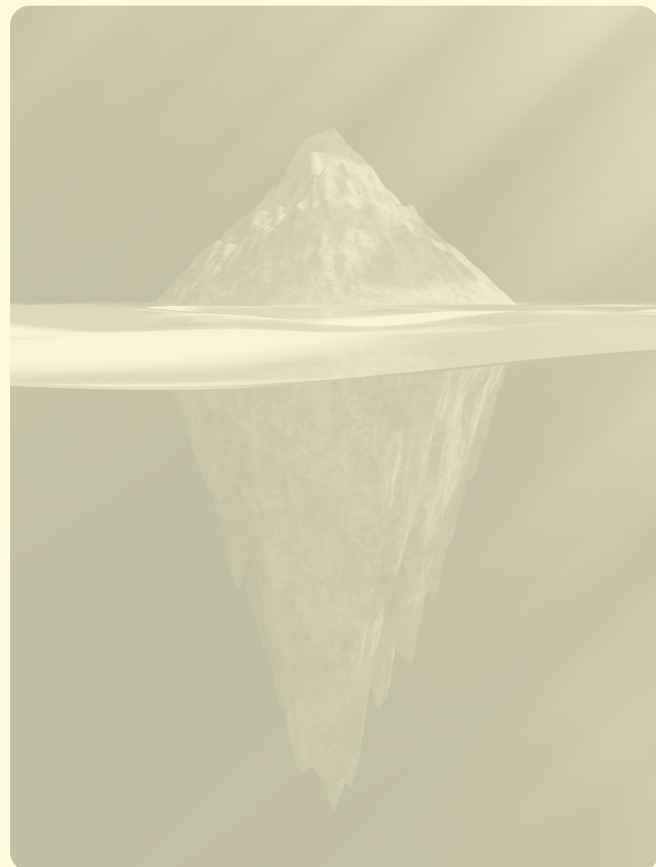
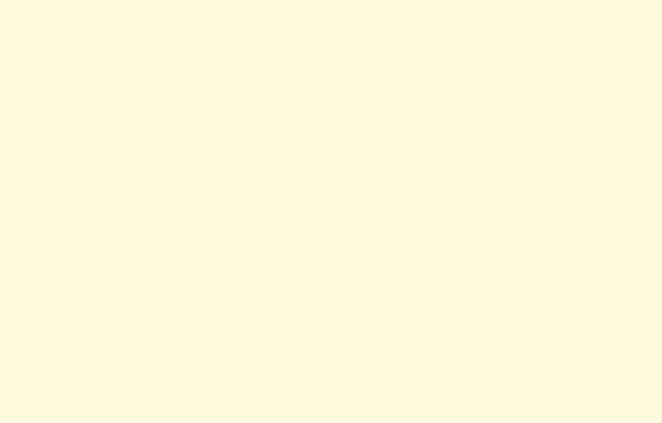
Some examples would be attending specific trainings, reading books and articles on conflict and relationship management, and even observing the skills of the people they work with.

In summary, Enneatype Seven is fully capable of effectively **managing conflict constructively** through a range of appropriate skills and behaviour such as open communication and relaxed tone to prevent conflict, adopting eclectic strategy as an appropriate mediation technique. They know how to recognise when conflict

is unavoidable, and it is critical that They recognise the importance of maintaining a positive work environment by striking the right balance between striving to achieve one's goals and working with others.

Working independently

Enneatype Seven is pleasant, youthful and light-hearted, but also has some **opportunistic and self-centred tendencies**. How will they be able to work independently? This will depend on several variables, such as self-discipline, motivation, and the ability to handle stress and work challenges. In particular, we will examine the behaviour, challenges, and strategies she can adopt to succeed in work situations where autonomy is required.



Enneatype Seven **prefers egalitarianism**, with no one above and no one below.

If its freedom is restricted, it becomes fierce and anti-authoritarian. They keep the mood of a group high with their pleasant manner, pleasantness in expressing themselves, likability, and knowing a little about everything. At work they tend to stimulate others with new ideas and shows marked abilities especially in programming. They maintain a healthy optimism in the face of obstacles, but may suffer from routine.

Enneatype Seven **prefers research assignments**, project-people liaison and consulting relationships. They can be found as a writer, storyteller, editor, new paradigm theorist, idealist, futurologist, and international traveller.

They prefer interdisciplinarity and is skilled in planning, synthesis and coordination. A certain attitude of rarely taking themselves seriously sometimes leads them to achieve less than they might aspire to. Sometimes they may need a reminder to focus more on the task at hand, or remote but at the same time present supervision.

ENNEATEST | WORKING INDEPENDENTLY



In summary

Enneatype Seven works successfully independently. They have a good ability to manage their time, adapt to different situations, be flexible and work productively, and this **can ensure success even in adverse situations**. However, they must also learn to cooperate when necessary, exploiting the potential of teamwork in order to ensure a positive and collaborative work environment. Enneatype Seven is a great ally when they learn to understand the needs and requirements of others and govern their own opportunistic side for the benefit of the common goal.

Teamwork

Enneatype Seven definitely has a **natural predisposition for collaborative and teamwork** when they are able to transfer their approach to life into this. Their conviviality and unobtrusive approach are often appreciated by other colleagues and superiors, thus creating a positive and productive work environment. In addition, a good dose of enthusiasm and positivity can be extremely helpful in creating a work climate without too many tensions and difficulties. However, the opportunistic and self-centred traits of their temperament may cause them to act for their own self-interest, sacrificing others to get what is wanted.

From this point of view, Enneatype Seven must be able to balance the need to achieve one's own goals with the cooperation of others.

They may be able to carry out their tasks independently and autonomously, without necessarily relying on close cooperation with others. In this way, by granting themselves more control over the timing of work, they can achieve their goals without having to depend excessively on the decisions of others.

At the same time, Enneatype Seven could know how to collaborate readily with their colleagues and superiors, working effectively even in group situations. Their **outgoing** and **friendly** traits could drive capillary collaboration and make each person within the group an active and decisive element. Moreover, with their **ability to adapt** to different work situations, they can handle stress and challenges constructively.



They face difficult situations, even unforeseen ones, seeking autonomous and creative solutions to solve them, so as to manage work situations in the best possible way, creating in the team reputation of being the person who can lead the overcoming of everyone's difficulties. In fact, even though Enneatype Seven is a **person who is able to work autonomously**, it does not mean that They is not comfortable working with others.

Indeed, it can learn to delegate some of the work to other people when necessary, harnessing the collaborative potential of colleagues and thus ensuring greater work effectiveness.

A strength of Enneatype Seven is its remarkable **adaptability** and **flexibility**. Due to their inquisitive and optimistic nature, Enneatype Seven is ready to quickly change their strategies to adapt to new situations and find solutions to problems that arise. Their ability to "think outside the box" makes them adept at finding innovative and original solutions to be enhanced and implemented in teamwork.

In summary

Enneatype Seven can harness empathy in a smart way, being able to understand the needs and motivations of others and then find solutions that can make them co-leaders in work outcomes. In this way, it will create a joyful, collaborative, and always forward-looking work environment that enables the team to work productively and achieve the set results.

Ability to delegate

Delegation of tasks is an important skill for the effective management of a team within a company. Although Enneatype Seven has a potential advantage in communication and people skills, their **opportunistic and self-centred side can create problems in delegation.**

However, through a mix of communication and leadership skills, they can develop the skills needed to delegate tasks effectively without creating conflict and tension in the work environment.

First, it is important for the Enneatype Seven to realise their own limitations and skills. They may **be tempted by the idea of delegating new tasks for pure personal benefit** or to avoid tackling difficult or unpleasant tasks. However, if delegation is mismanaged, the results could be detrimental to the company and interpersonal relationships. Therefore, Enneatype Seven needs to identify areas where They has more skills and knowledge and delegate tasks where They do not feel confident enough or does not have the right knowledge. In this way, by creating a team with members who have complementary skills to their own, they could demonstrate a sincere attitude of humility and respect for others' abilities.

Enneatype Seven should take a results-oriented approach when delegating to others. This means that They should provide team members with a clear goal to achieve and not just specify actions to be taken, so as to encourage the team to focus on achieving the goals and to develop their creativity to find the best way to accomplish them.

To delegate effectively, Enneatype Seven must also establish open and honest communication with team members. It must clearly explain what outcomes they expect, making sure that tasks are understood in their complexity.

A use of two-way feedback by seeking discussion and support with team members, showing willingness to respond to questions and concerns that may arise are all strategies that the Enneatype Seven can effectively implement for good delegation.



Enneatype Seven **has opportunistic and self-centered traits that could influence the way they delegate tasks:** for example, they might exaggerate the level of difficulty of the delegated tasks in order to demonstrate their own superiority and increase their self-esteem.

This would be clearly detrimental to good cohesion with the team, as it could place other members in a hierarchical situation of inferiority.

Another challenge in delegation for Enneatype Seven is to understand that delegating is not disbursing and that getting rid of tasks that bore them or are unpleasant does not represent true functional delegation as much as giving others valuable activities to achieve set goals.

With the right mental and behavioural approach, Enneatype Seven can instead demonstrate great care for team members, seeking to know and respect their skills and needs, adapting different tasks while respecting everyone's aptitudes, and avoiding overburdening those who show that they lack the capacity to deal with certain tasks.

This last point needs to be further understood, as they may be sending unprepared junior profiles to the brink by taking on for them a level risk that they would know how to accept for themselves but is instead transferring to others, perhaps very different from them precisely in their **propensity for uncertainty and risk in general**. This carries the risk of compromising their performance of results, as well as their motivation to work as a team with them, by poorly calibrated delegation.

As an “unusual” delegation, Enneatype Seven might seek to bring out the creative side of team members, encouraging them to explore ideas, solutions, and projects that can be both challenging and a great opportunity for growth for the individual and the company. This can create very creative and solution-oriented teams, capable of results and innovation in goals, fostering team spirit and team membership through the partial delegation and sharing to common factor of that spirit of innovation that sets it apart.

Enneatype Seven often **offers themselves to team members by providing constant support**, giving clarification and answers to questions, not just delegating and then disinterested in assigned tasks. It then becomes crucial to work with people who have a fast learning curve and can pursue the team portion of their work in solid autonomy. In the team, it becomes equally crucial to delegate to a solid right-hand man to take care of the more routine and tedious, but indispensable to the success of the project, part of the implementation, which Enneatype Seven will inherently tend to defocus.

In summary

Enneatype Seven can learn to delegate effectively, avoiding conflict and tension in the work environment. It is important that they follow criteria of impartiality and transparency in delegating, is ready to provide feedback and support to team members, respects the abilities of others, and is humble and respectful in relationships. In this way, they can create a positive and productive work environment in which each team member has the opportunity to reach their full potential.

Conclusions

Enneatype Seven has a strong appreciation for life that helps them entertain friends, family, and colleagues by living experiences with maximum enjoyment and happiness. Enneatype Seven's highest desire is to feel happy and they seek this happiness in the enjoyment of experiences. They are **enthusiastic, curious, sociable** and **positive**. Their natural propensity for adventure and happiness makes them a well-liked and respected person. However, they must beware of the tendency to take excessive risks and act impulsively.

In some situations, Enneatype Seven may become difficult to manage and can bring harm to professional and personal relationships. Some of the negative characteristics they may exhibit include childish behaviour, **insecurities, opportunism, insensitivity**, and poor sense of responsibility. The complexity of their temperament may make it difficult to enter into a relationship with them immediately, and although they may appear pleasant at first, critical issues may emerge later.

Enneatype Seven has great time management skills, adaptability, flexibility and the ability to work productively. All these can ensure success even in the most adverse situations. However, they must also learn to cooperate when necessary, harnessing the potential of teamwork in order to ensure a **positive and collaborative** work environment. Open communication and a relaxed tone can prevent conflict, while adopting an eclectic strategy and the proper mediation technique can resolve conflict constructively. What is critical is that the Enneatype Seven recognises the importance of maintaining a positive work environment and striking the right balance between striving to achieve one's goals and collaborating with others.

Enneatype Seven can learn to delegate effectively, avoiding conflict and tension in the work environment. It is important that They follow criteria of impartiality and transparency in delegating, is ready to provide feedback and support to team members, has respect for others' abilities, and is quite humble and respectful in relationships.

The Enneatype Seven who knows how to express their potential to the fullest can be a highly valuable resource for themselves and the people who refer to them and about them, both in personal and in professional and business settings.

