ENNEAGRAM TYPE TWO

The Helper, Altruist, Caretaker

POINT OF VIEW

Type Twos are positive, empathetic and compassionate service oriented people who encourage and see the good in others.

VALUES

They are team players, providing help and support to others in need. They are positive, people-oriented individuals.

COMMUNICATION STYLE

Twos communicate in a relational, caring, demonstrative and supportive way. They prioritize expressing care and appreciate it when others do the same.

EXCELS AT

roles that require strong people skills, anticipating the needs of others. They excel at collaboration or organizing groups of people for a cause.

FIND BALANCE

Use your wings

Type 1 - Balance your focus on relationships with more attention to self-discipline, structure and supportive daily routines.

Type 3 - Tap into Type 3s ability to get things done. Engage in work or activities that you enjoy or would benefit your personal or professional needs.

Under Stress

Giving to the point of exhaustion, excluding or denying own needs. Include yourself in your circle of care.

AT A GLANCE

- Generous
- Compassionate
- Collaborative
- People pleasing

MOTIVATION

- To provide help and support in a useful, beneficial way
- Being needed

ANN P BAKER

Essence Health

For over 10 years, Ann has partnered with individuals and groups to foster resilience, mindfulness, wellness and maximize potential.

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