

**The Enneagram of Emotional Intelligence:**  
**A Journey to Personal and Professional**  
**Success**  
 by Scott Allender  
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## *How to Find Success Personally and Professional Success*

**Foreword by Ian Cron**

**Endorsed by Donald Miller, Beatrice Chestnut**

One of the biggest predictors of personal and professional success, and the key to effectively developing your Emotional Intelligence (EI) is tying it to your own story and personality archetype.

"This book...is about transformation—the kind that starts deep within then ripples outward into every area of your," writes **Ian Cron** about *The Enneagram of Emotional Intelligence: A Journey to Personal and Professional Success* by Scott Allender.

In the book, certified EI coach and enneagram teacher Scott Allender leverages years of insights from the enneagram to chart a personality-specific path toward lasting emotional intelligence and health.

"There is a gap between the people we are and the people we know we can be—and the missing piece is emotional intelligence," writes Allender, who has taught workshops alongside Cron. "It takes more than simply gathering information about EI to change how we think, feel, and act. We've got to get below the water line of our conscious mind and unearth the behaviors that hold us back."

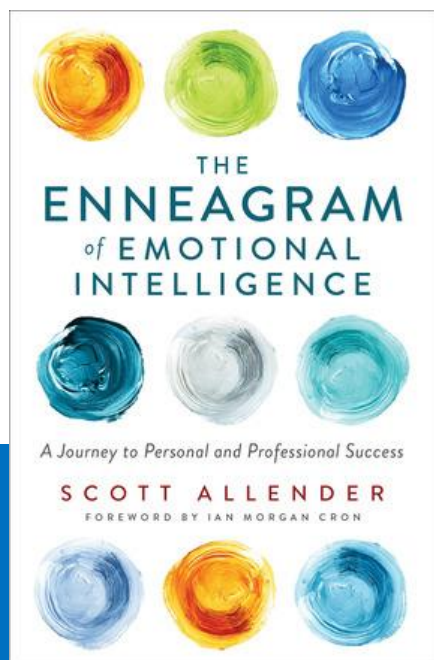
Research shows more than 70% of the reasons people succeed or fail are related to emotional intelligence. Those with healthy EI:

- Are more effective leaders
- Lead more profitable companies
- Foster enthusiasm in their employees
- Make smarter decisions
- Maintain healthier relationships
- Are more articulate, confident, creative, and happy

Well-researched yet accessibly written, this book looks at how each personality type aligns with the five essential skills of emotional intelligence: self-perception, self-expression, interpersonal relationships, decision making, and stress management. Allender draws on his extensive training in emotional intelligence and the enneagram, coaching individuals and groups, and his own compelling story of transformation to guide readers to type-specific paths forward into emotional wholeness. In addition to a practical guide, readers will also discover how:

- Hidden fears dictate our choices and how to break free
- Make smarter, intentional decisions
- Gain a better understanding of the emotional dynamics of colleagues, friends, and family

"The single most powerful tool I've encountered to gain emotional intelligence is the Enneagram. It's given me a level of self-awareness that almost feels like magical insight. If you want to better yourself, read Scott's book. Beware, though--before he wrote it he may have read your diary," said **Donald Miller**, author, speaker, and CEO of StoryBrand and Business Made Simple.



### Get Connected:

**Instagram-**[scott.allender](https://www.instagram.com/scott.allender)



### About the Author

Scott Allender is an expert in global leadership and organizational development. Along with cohosting The Evolving Leader podcast, he regularly teaches Enneagram workshops and conducts typing interviews and emotional intelligence assessments for individuals and teams who seek to become more radically self-aware and cognizant of the impact they have on the world.

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### PRAISE for The Enneagram of Emotional Intelligence

"In The Enneagram of Emotional Intelligence Scott Allender has provided a practical, accessible, and yet profound guide to living a better life through self-understanding grounded in a clearly articulated and effective integration of EQ and the Enneagram and in his own personal experience of transformation." **Beatrice Chestnut**, PhD, author of The Complete Enneagram, The 9 Types of Leadership, and coauthor of The Enneagram Guide to Waking Up

"The Enneagram of Emotional Intelligence offers an incisive perspective on why it doesn't work to white-knuckle sustainable, soul-level change--and what to do instead. Using insights from the Enneagram, emotional intelligence coaching, and decades of experience in leadership, Allender guides readers to understand and apply their Enneagram knowledge for personal and professional development. I've read dozens of Enneagram books, but this is one that will stick with me, and I anticipate recommending it time and again." **Stephanie Barron Hall**, author, Enneagram practitioner, and creator of @NineTypesCo

"In The Enneagram of Emotional Intelligence, Scott Allender brings together a powerful set of insights and tools to help us hold on to our humanity in every aspect of our work and lives. Wisdom and warmth pervade every page in this compelling blueprint for greater self-awareness." **Jean Gomes**, author of Leading in a Non-Linear World and The Way We're Working Isn't Working

"The Enneagram of Emotional Intelligence is the guidebook you've been waiting for. Scott Allender uses the insight of the Enneagram to make the concept of emotional intelligence practical, authentic, and engaging. Readers will leave with both greater self-awareness and greater understanding for the people they interact with every day." **Jeremy Cowart**, artist and author of I'm Possible



**Sample Interview Questions for Scott Allender**  
***The Enneagram of Emotional Intelligence:***  
***A Journey to Personal and Professional Success***

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- Let's start with how you came to write this book and why it's important.
  - For those who may not know, please explain what emotional intelligence is. There can be several different definitions, but how do you define it?
  - Why is EQ more important than IQ in success or failure?
  - What are some signs that indicate your true self is being denied?
  - How does denying our true self hurt us or hold us back from future success?
  - The book starts with identifying five different emotional intelligence measures and how your enneagram looks in low awareness and high awareness. Can you give us some examples of this?
  - Why are our emotions so important in our success and personal journey?
  - You talk about three traits that contribute to how we manage stress and enhance our emotional intelligence. Can you give us an example of how they play out in a real situation.
  - Share a few core practices that help people become more aware.
  - You write "acknowledging our fears is essential for developing awareness." Can you unpack that?
  - Why do we need to release our defense mechanisms attached to each ennea-type? How is this beneficial?
  - How do we integrate our spiritual life into emotional intelligence?
  - What is the goal of this book? What do you want people to walk away knowing after they read it?
  - Where can our viewers go to connect with you and purchase a copy of *The Enneagram of Emotional Intelligence*?
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