



# **South Carolina Bar**

Continuing Legal Education Division

## **2024 SC BAR CONVENTION**

### **Senior Lawyers Division**

“Attorney, Know Thyself”

**Thursday, January 18**

*SC Supreme Court Commission on CLE Course No. 240032*

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## **2024 SC BAR CONVENTION**

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**Thursday, January 18**

Introduction to Enneagram

*Libby Cole*  
*Speaker Panel*

LINK FOR ENNEAGRAM ASSESSMENT

<https://expandcandc.com/the-enneagram>



Expand

COACHING and  
CONSULTING



**Self-awareness is the  
strongest predictor of overall success.**

**95% of people believe they are self-aware,  
but only 10-15% truly are.**

according to a five-year research project by  
organizational psychologist Tasha Eurich.

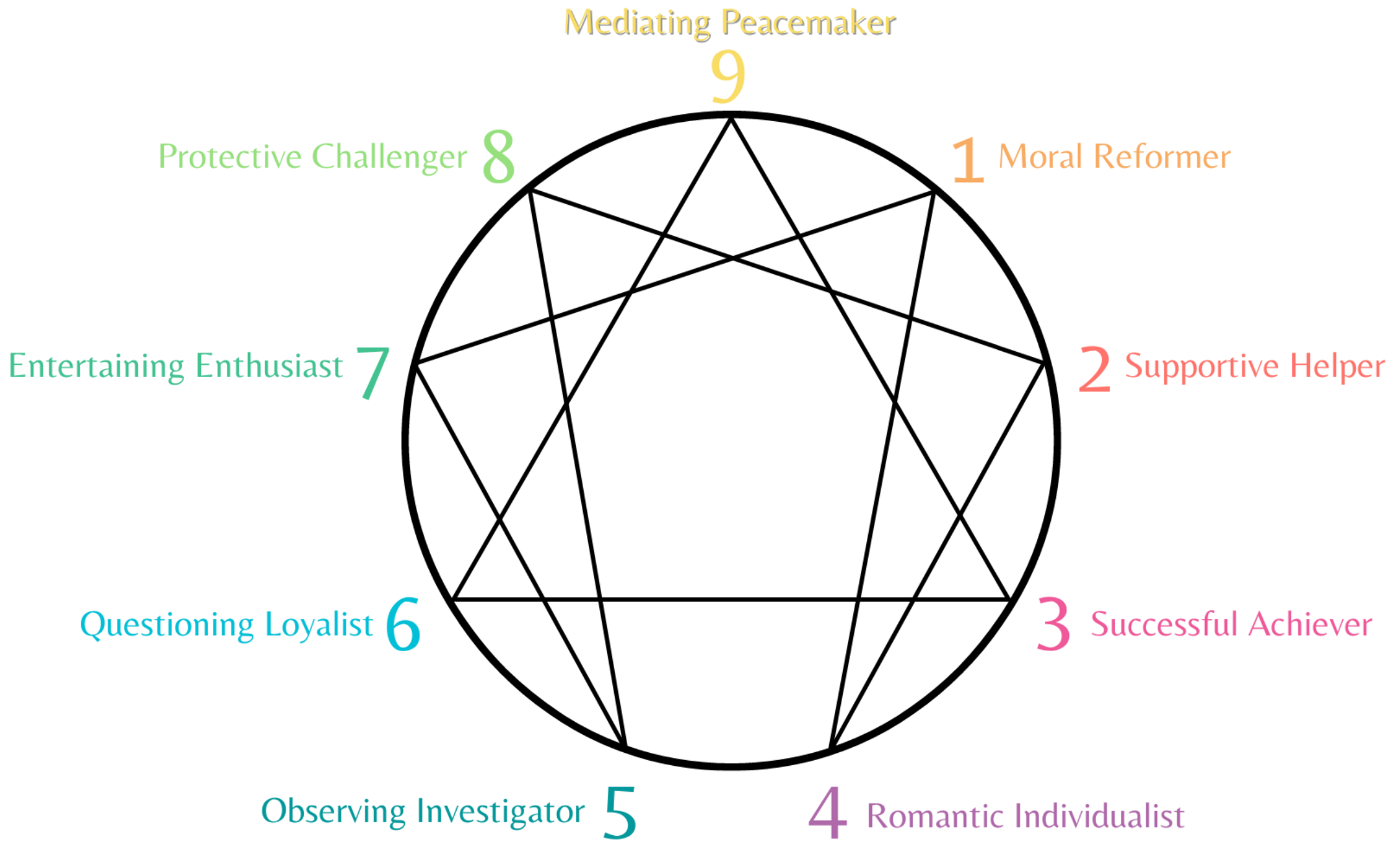
ENNEAGRAM

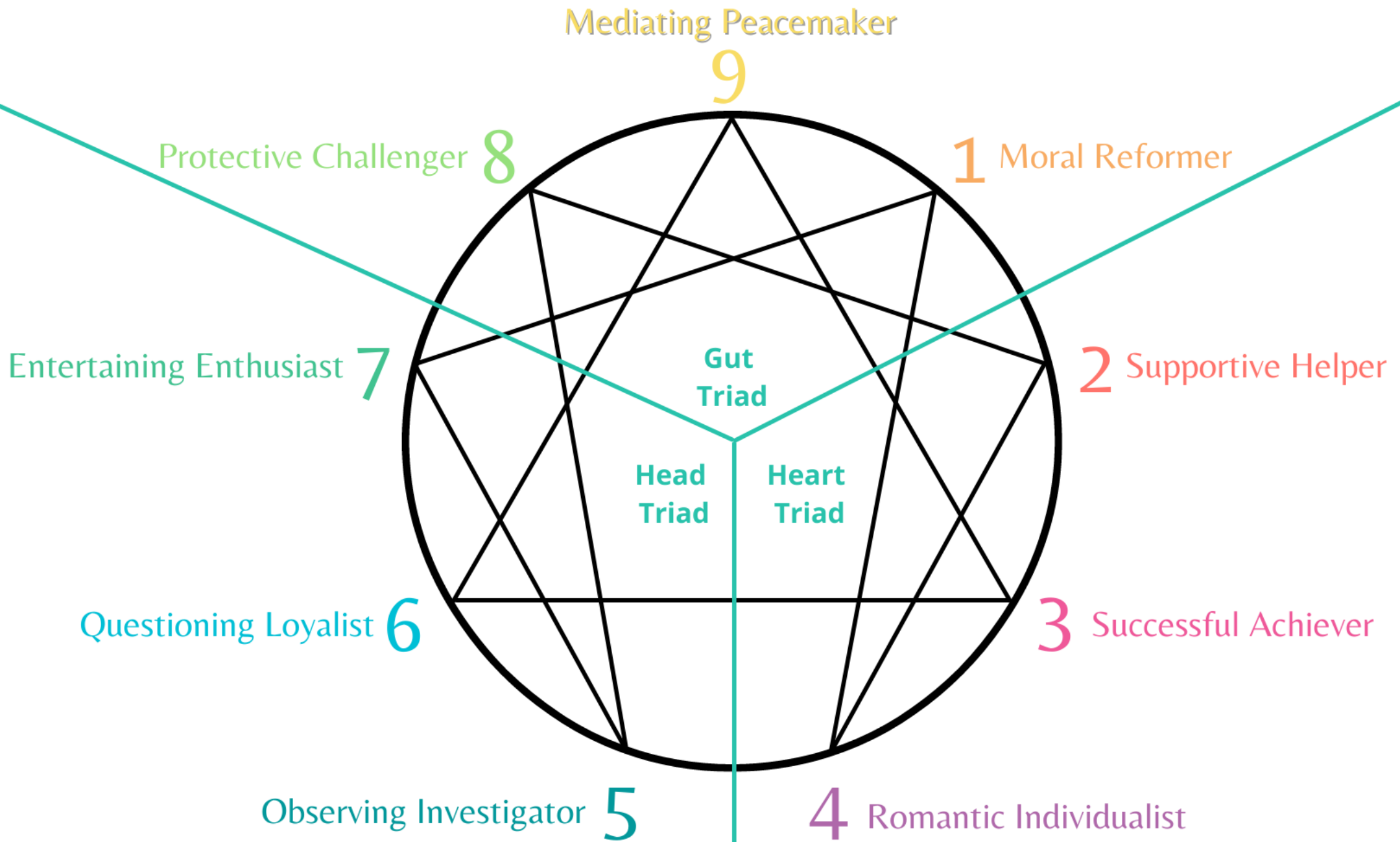
The image features the word "ENNEAGRAM" in a bold, sans-serif font. The letters are filled with a vibrant rainbow gradient, transitioning from orange on the left to yellow on the right. Each letter is mirrored below the baseline, creating a reflection effect. The background is a solid dark gray, which makes the colorful text stand out prominently.



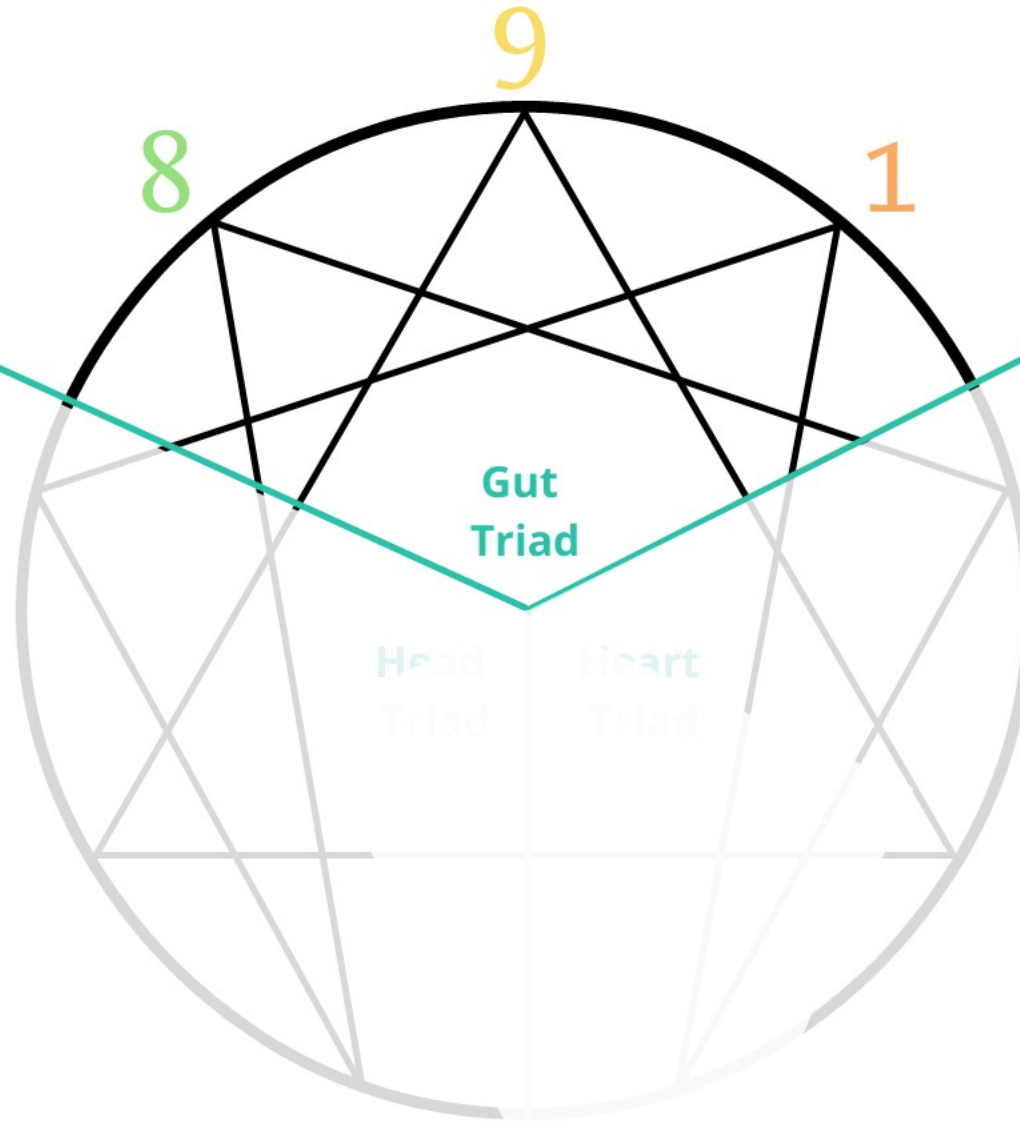
# ENNEAGRAM

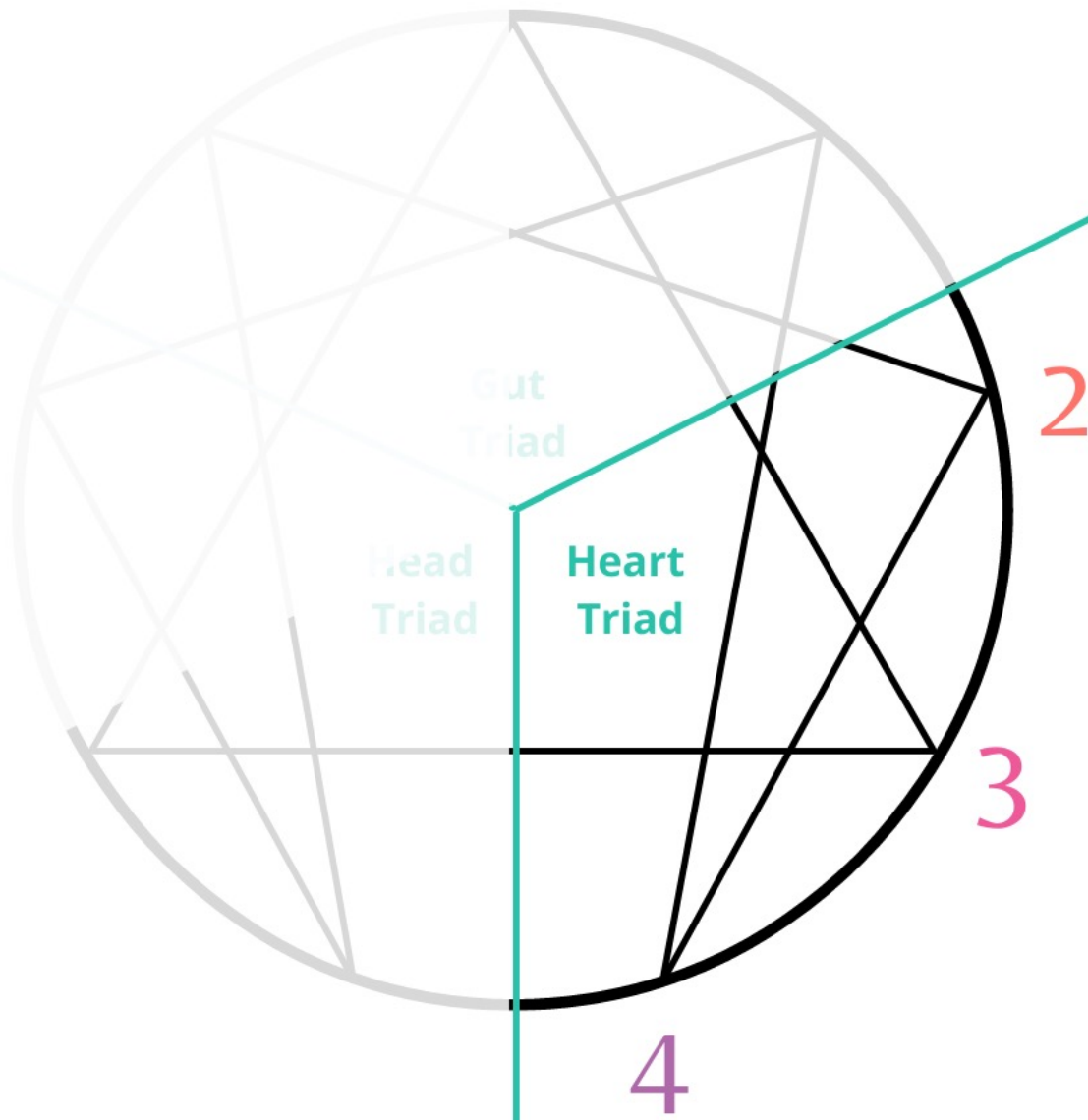






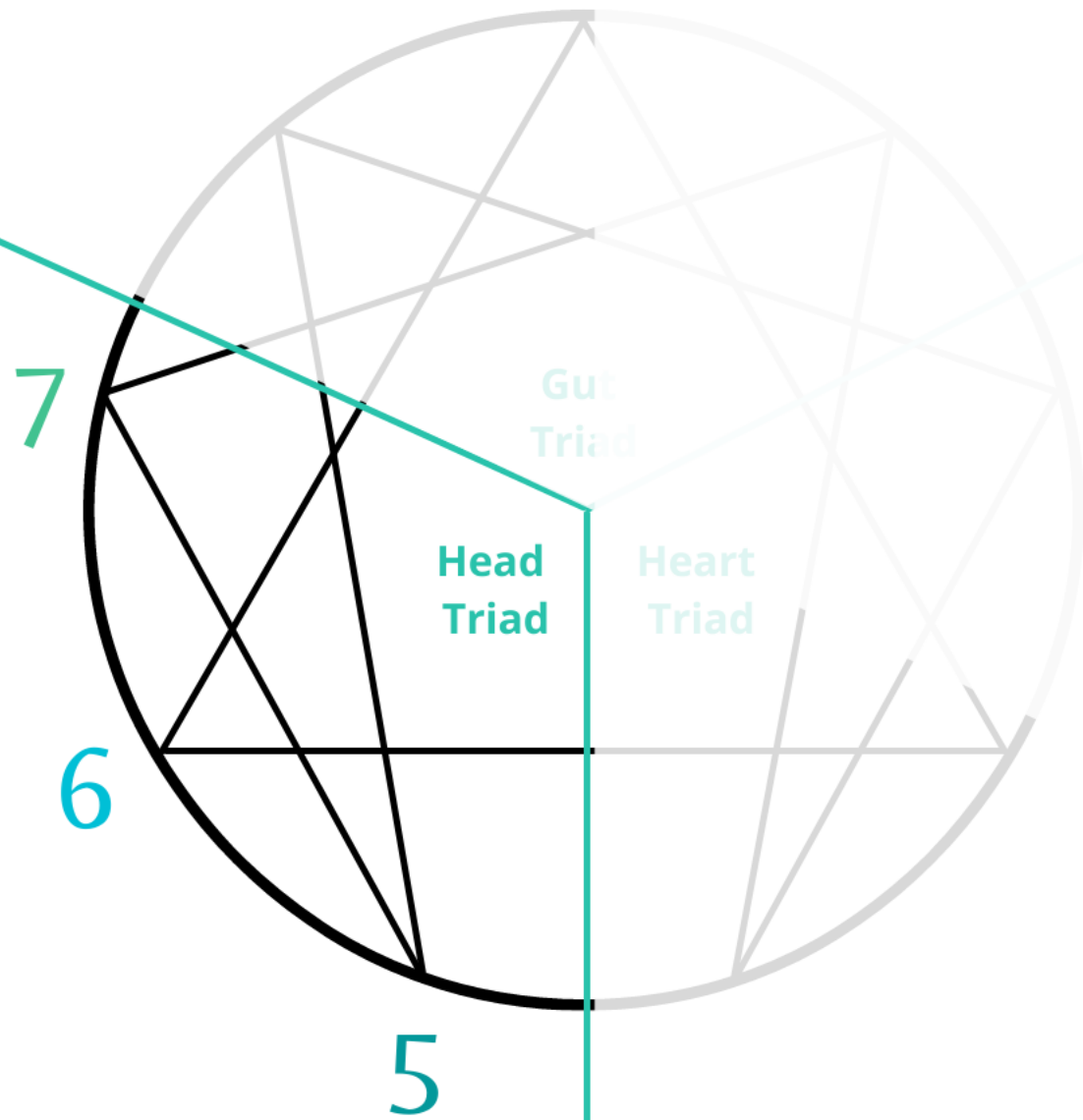
Intuitive, Decisive, Discerning, Quick to anger



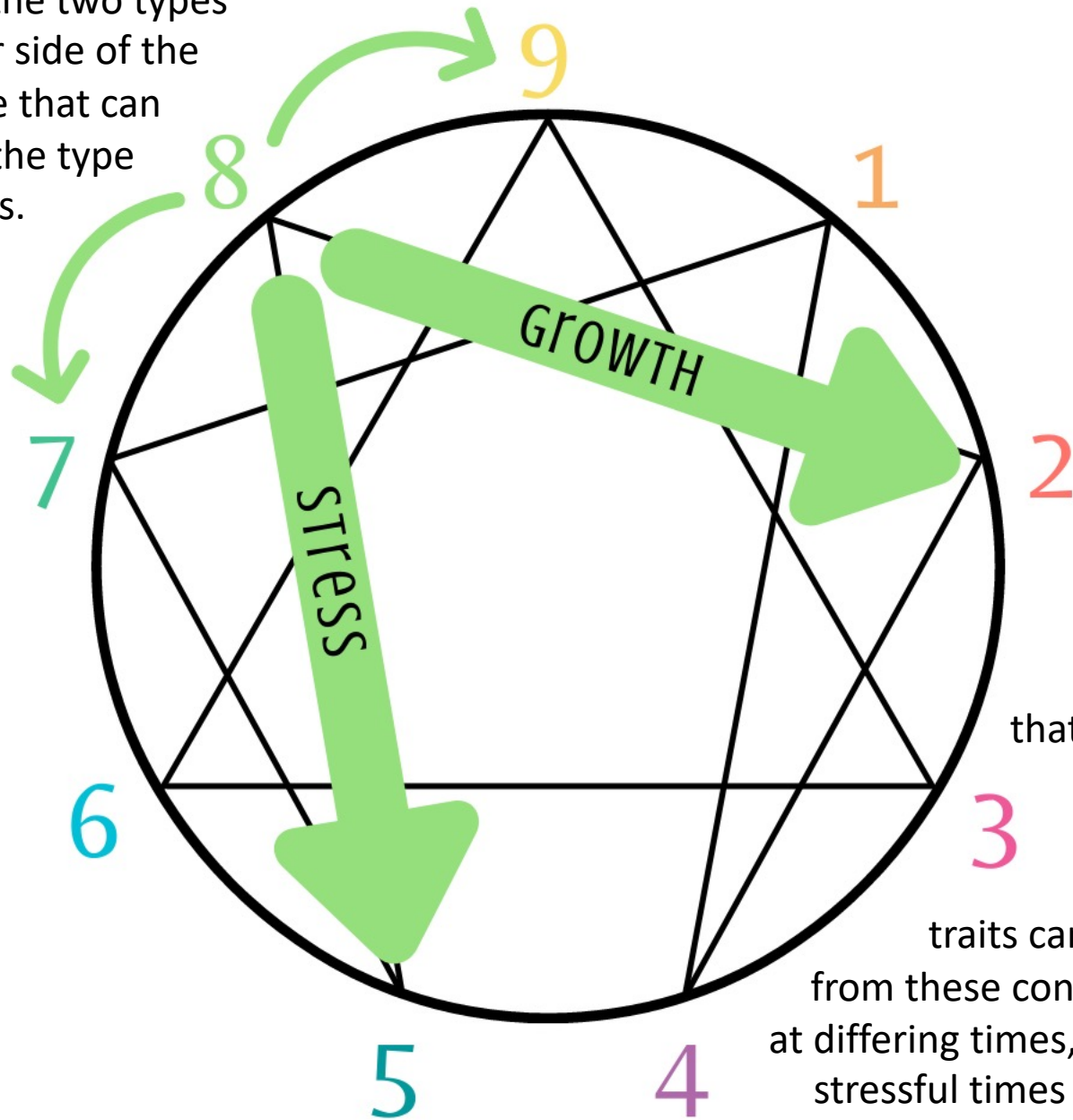


In touch with feelings,  
Acknowledge emotions,  
Strong empathy

Logical  
Analytical  
Thoughtful  
Cerebral



**Wings** - the two types on either side of the core type that can "flavor" the type attributes.



**Paths** – lines/arrows that connect the core type to two other types where traits can be adopted from these connected types at differing times, especially in stressful times or periods of great growth and awareness.

# PROTECTIVE CHALLENGER

## Core Desire

To be protected and protect others

## Motivation

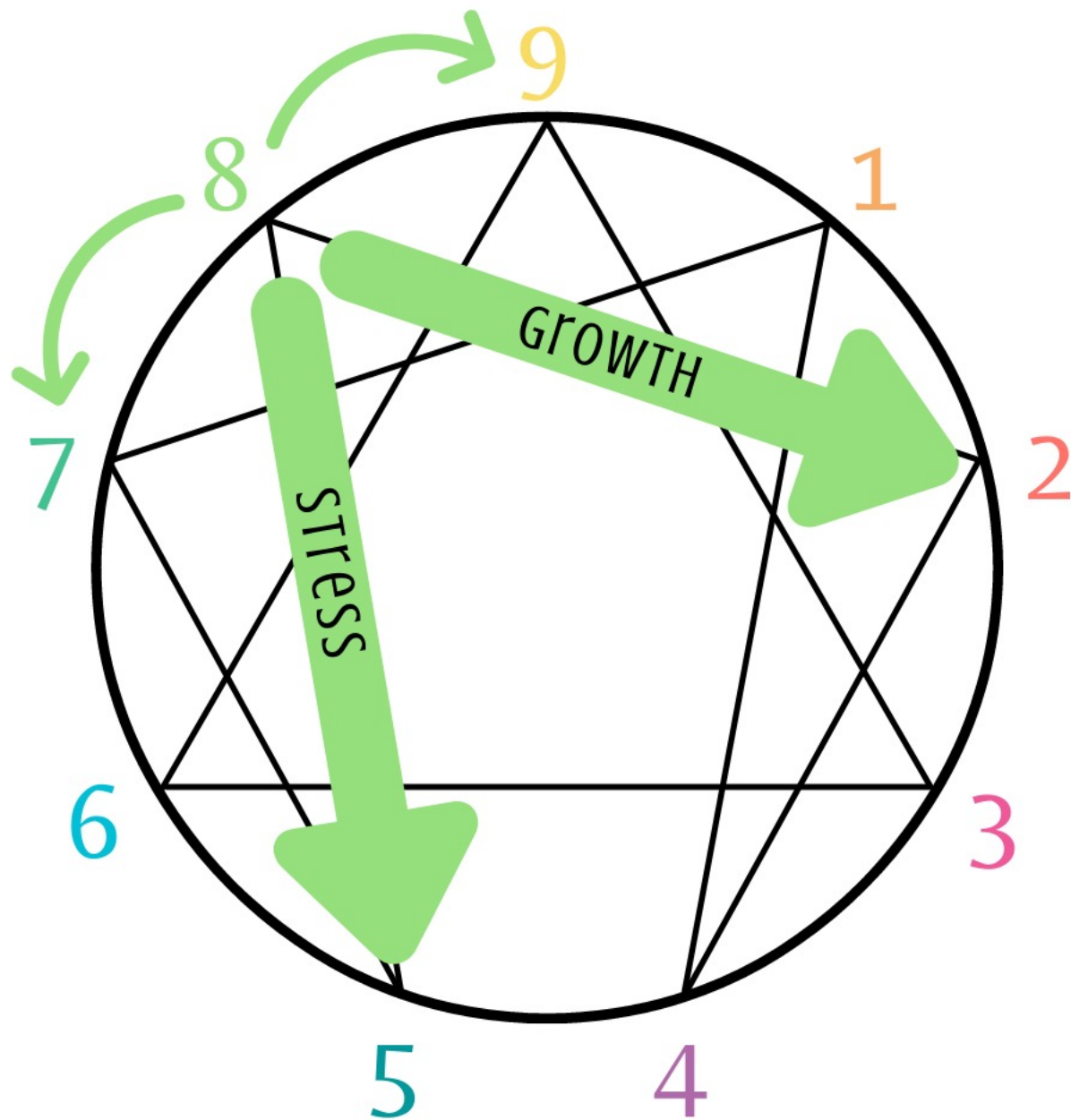
Seeks autonomy with impassioned intensity

## Core Fear

To be manipulated or controlled, weak, or the reality of injustice

## Attention and Energy go to:

Those who need protection, to have power, protecting, and fighting



# PROTECTIVE CHALLENGER

## Core Desire

To be protected and protect others

## Motivation

Seeks autonomy with impassioned intensity

## Core Fear

To be manipulated or controlled, weak, or the reality of injustice

## Attention and Energy go to:

Those who need protection, to have power, protecting, and fighting



# 0 MEDIATING PEACEMAKER

## Core Desire

To be stable and have peace

## Motivation

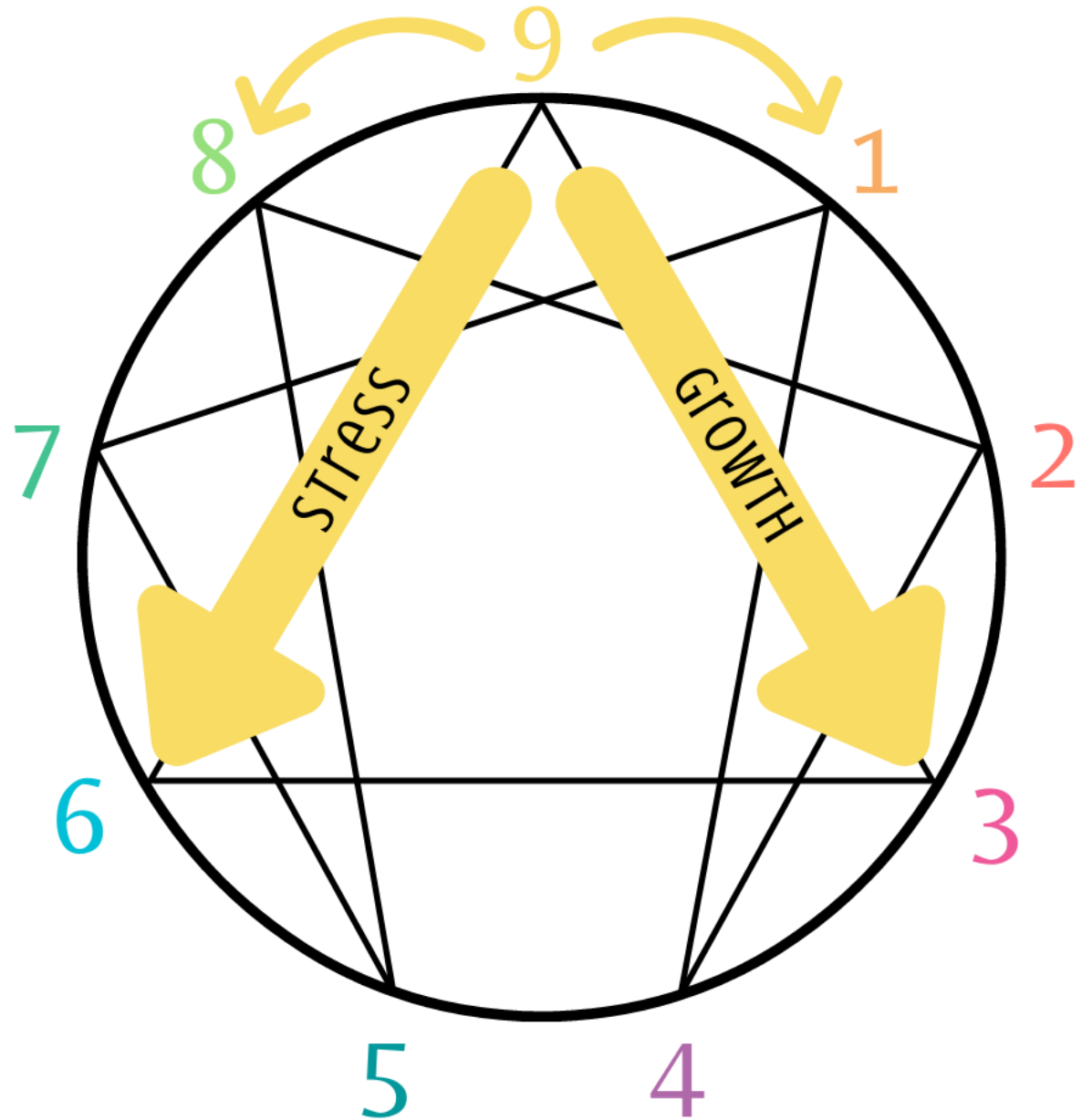
Seeks peacefulness, free from strife and discomfort

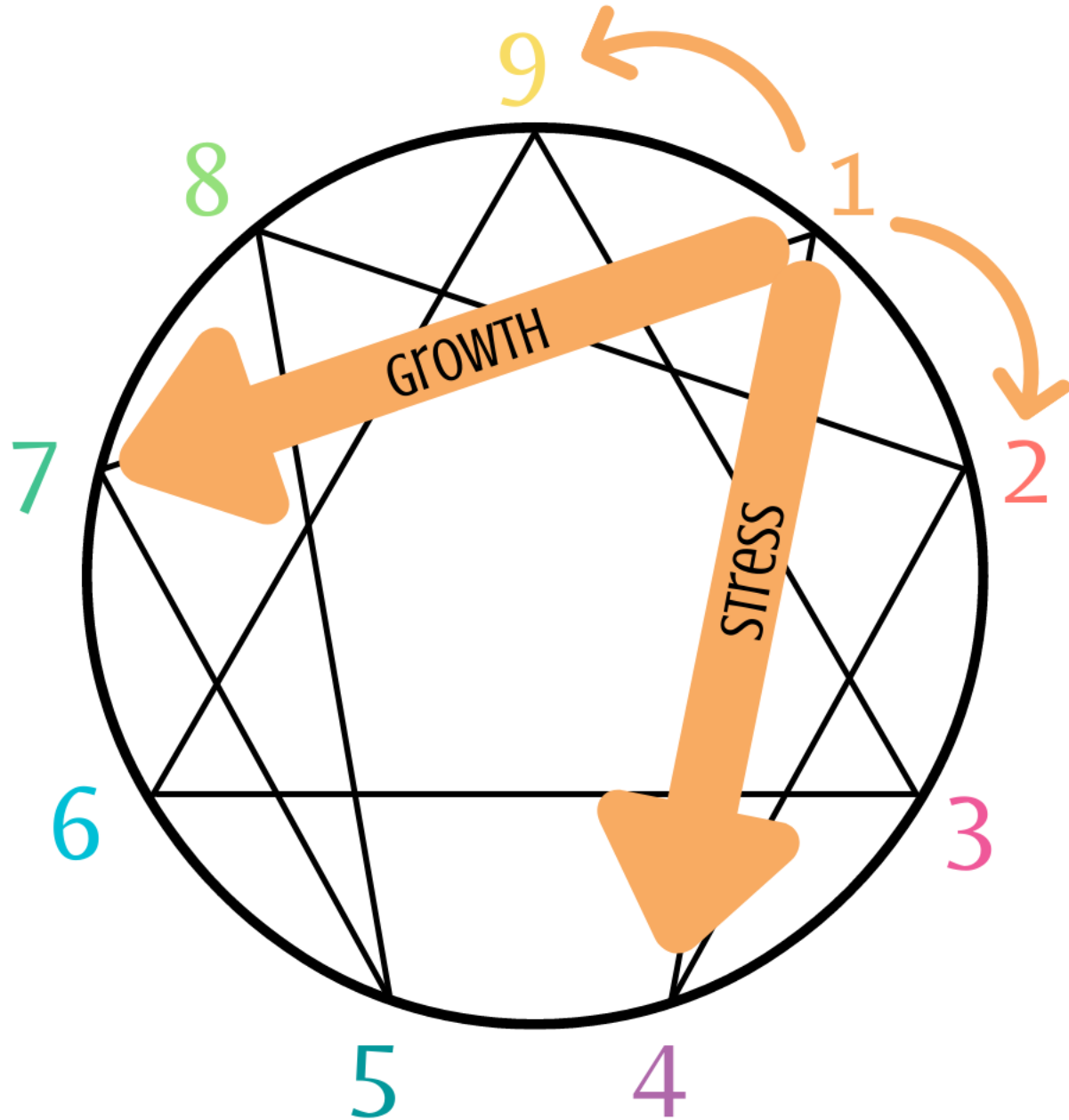
## Core Fear

To be disconnected from others, in conflict, or being overlooked

## Attention and Energy go to:

The conflict and discomfort, other people and avoiding/preventing conflict





# 1 MORAL REFORMER

## Core Desire

To have integrity, to be good and balanced

## Motivation

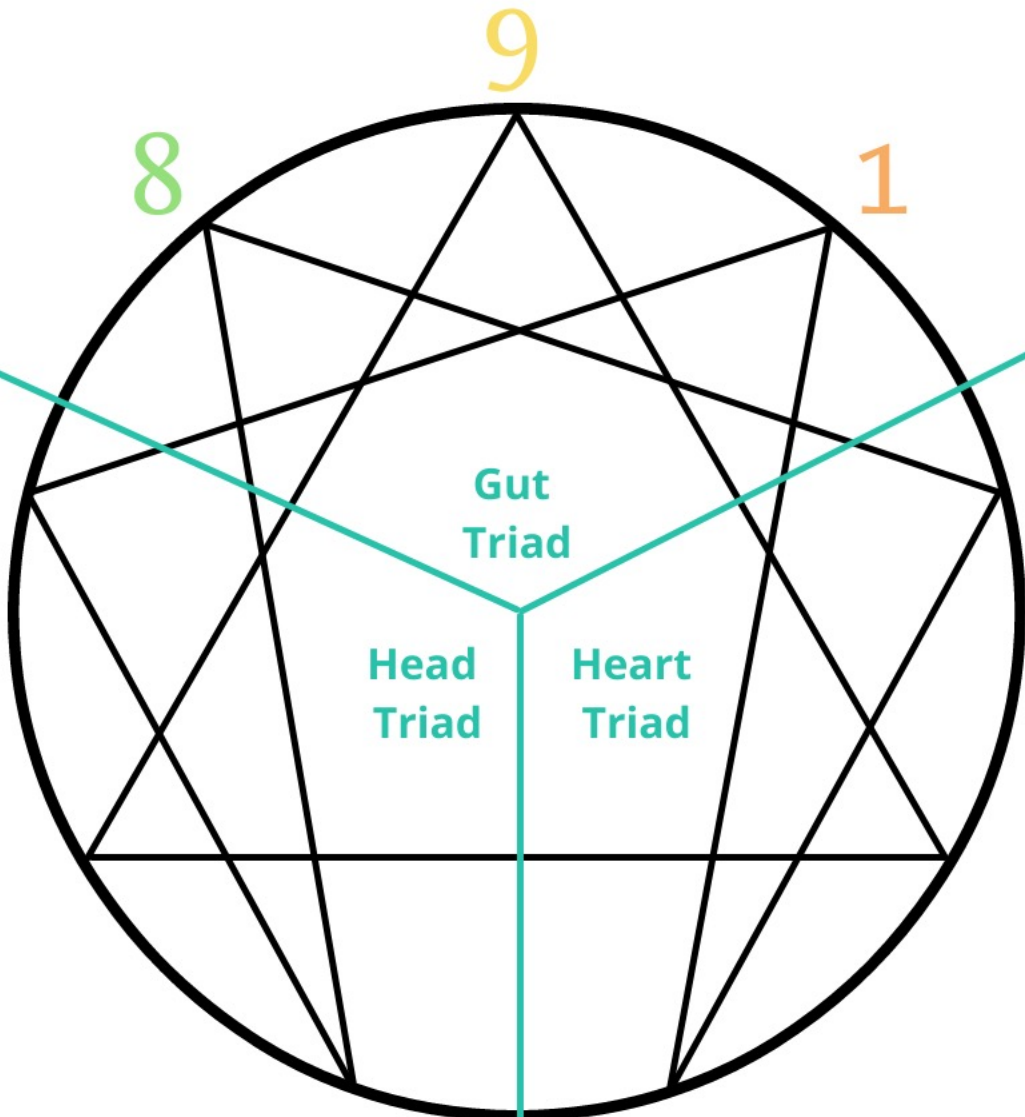
Seeks excellence as a moral duty

## Core Fear

Being corrupt, wrong, evil, bad, or inappropriate

## Attention and Energy go to:

What is right and wrong, trying to improve

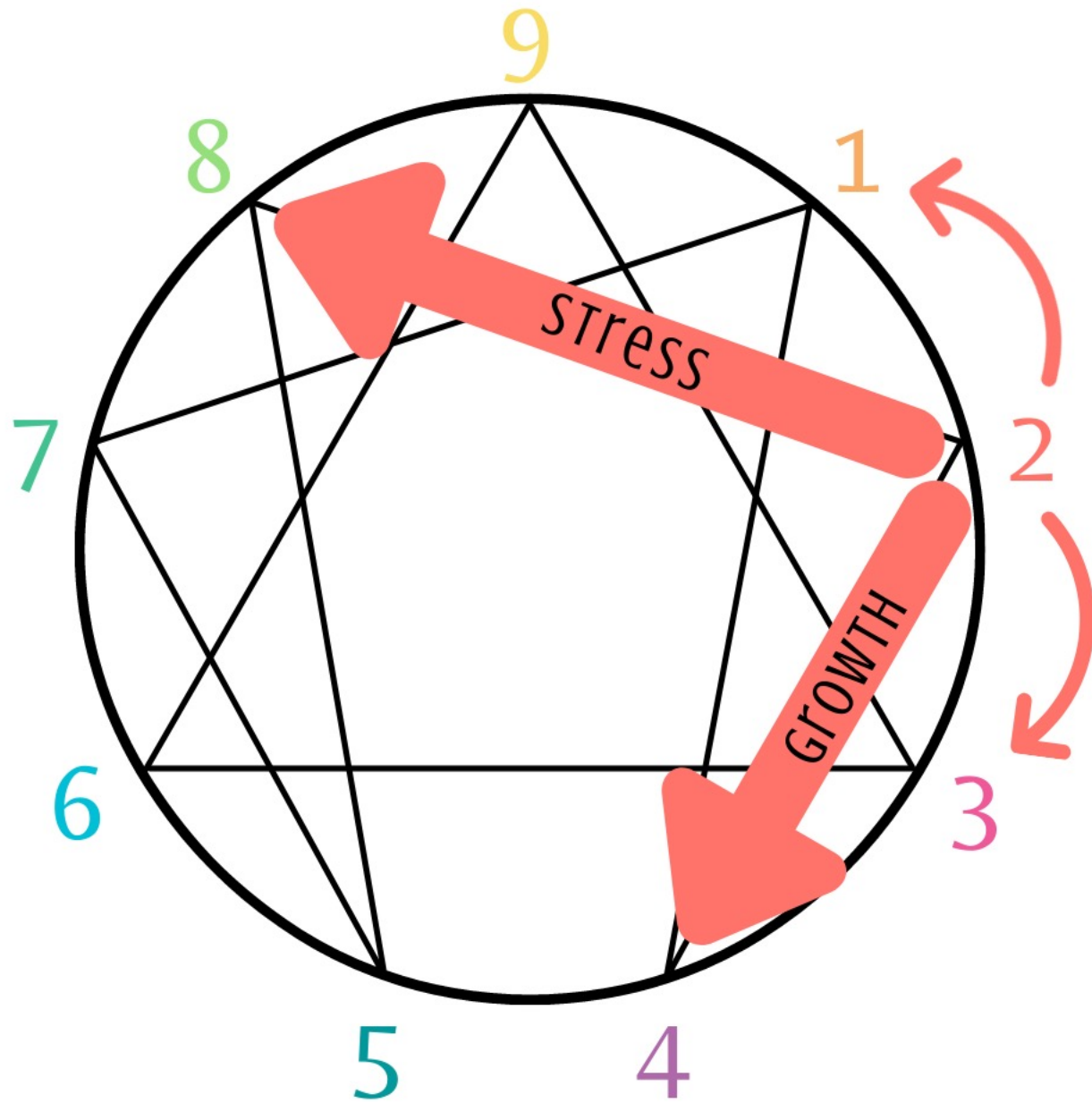


**Connect to Head**

- Read
- Research
- Meditate

**Connect to Heart**

- Gratitude
- Connection
- Share



# SUPPORTIVE HELPER

## Core Desire

To be loved and desired, receiving appreciation

## Motivation

Seeks love through self-sacrifice

## Core Fear

Being thought of as unwanted or unneeded. Not being appreciated or unworthy of love.

## Attention and Energy go to:

The wants and needs of others, giving

# 7 SUCCESSFUL ACHIEVER

## Core Desire

To be admired, to achieve status, success

## Motivation

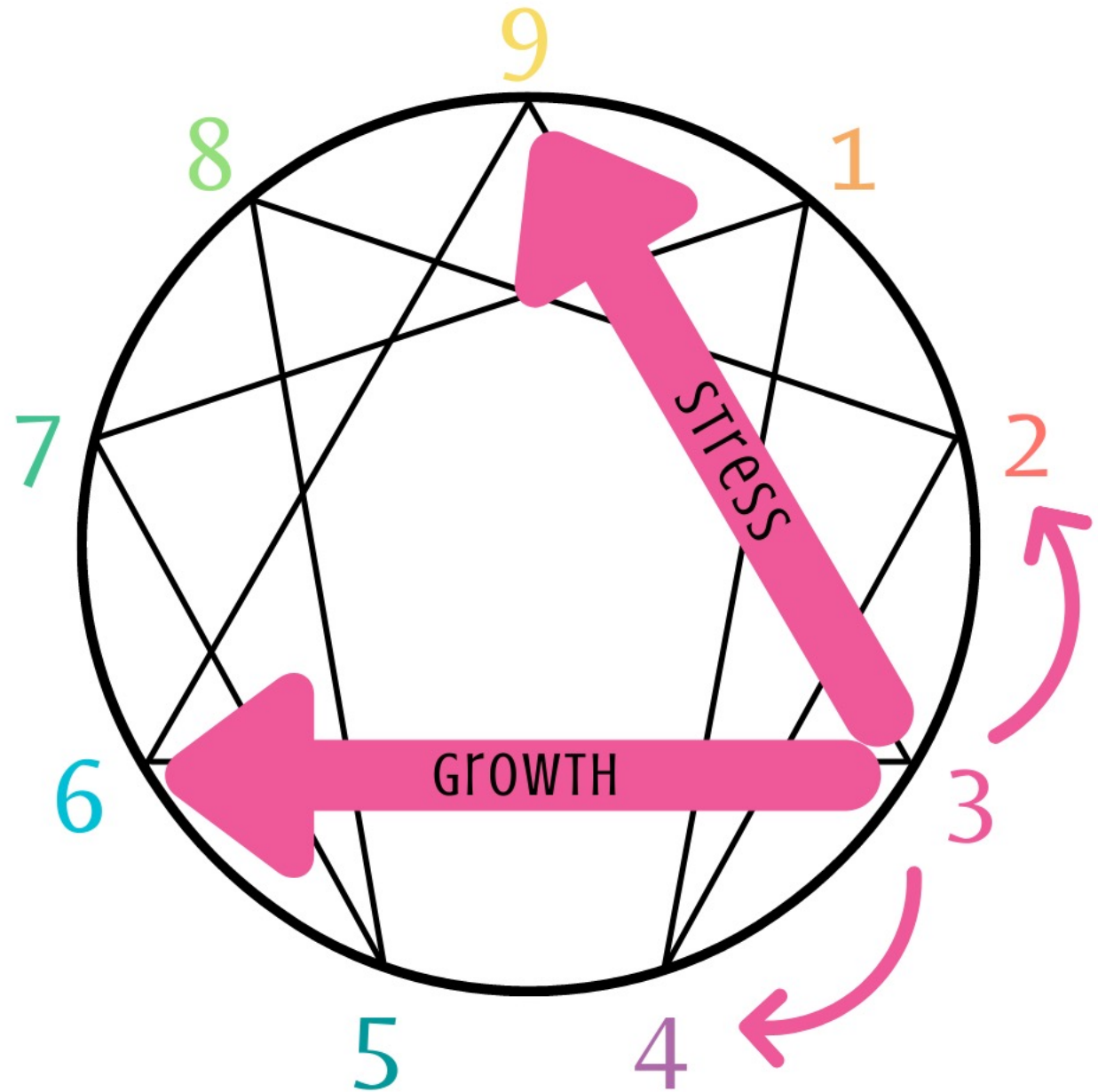
Seeks recognition from achievements

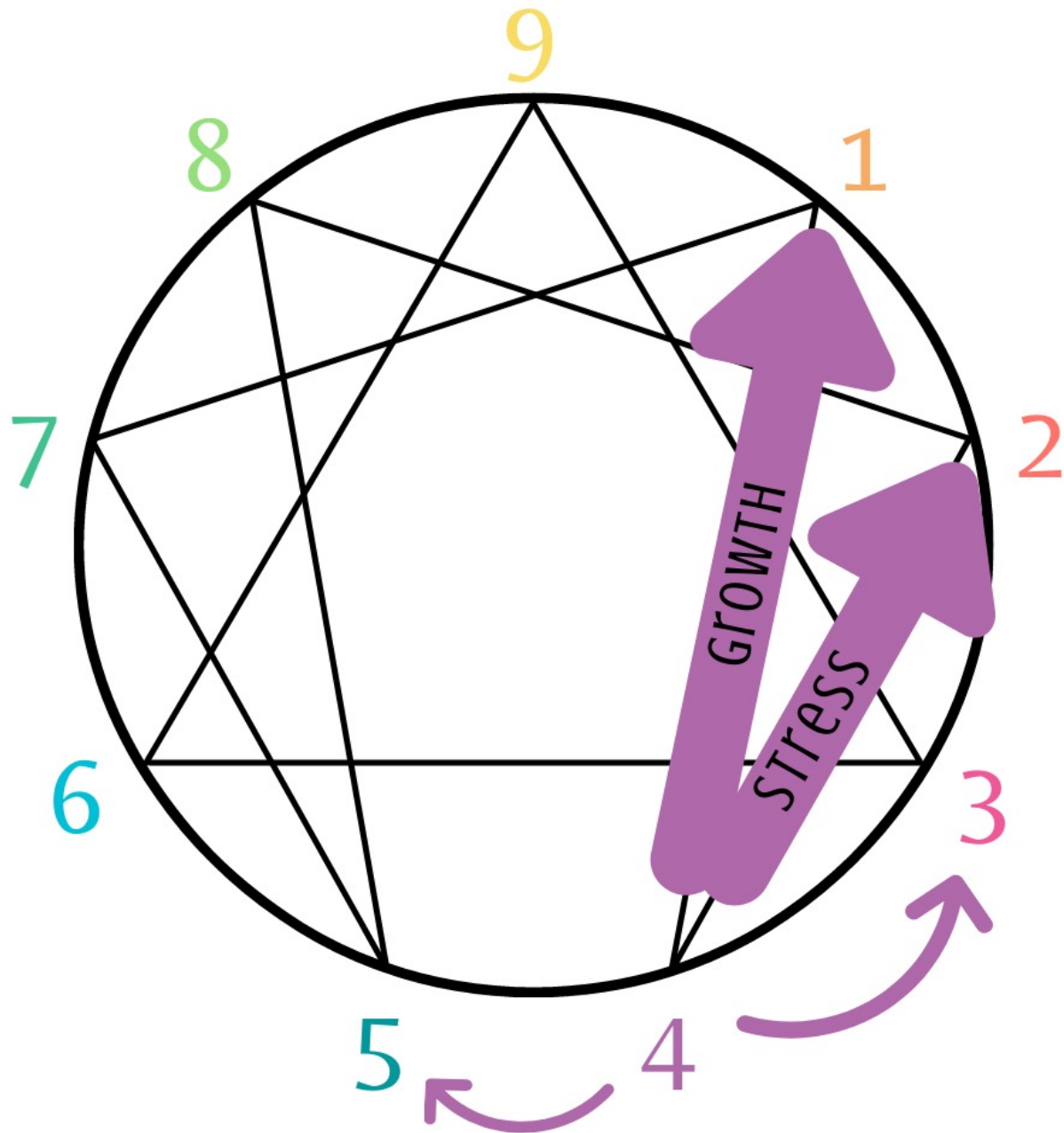
## Core Fear

Others thinking they are worthless or incompetent, being inefficient or a failure

## Attention and Energy go to:

Bringing success and gaining approval, achieving goals, tasks, and prestige





# 4

## ROMANTIC INDIVIDUALIST

### Core Desire

To be valued as special, unique, and authentic

### Motivation

Seeks discovery of authentic identity

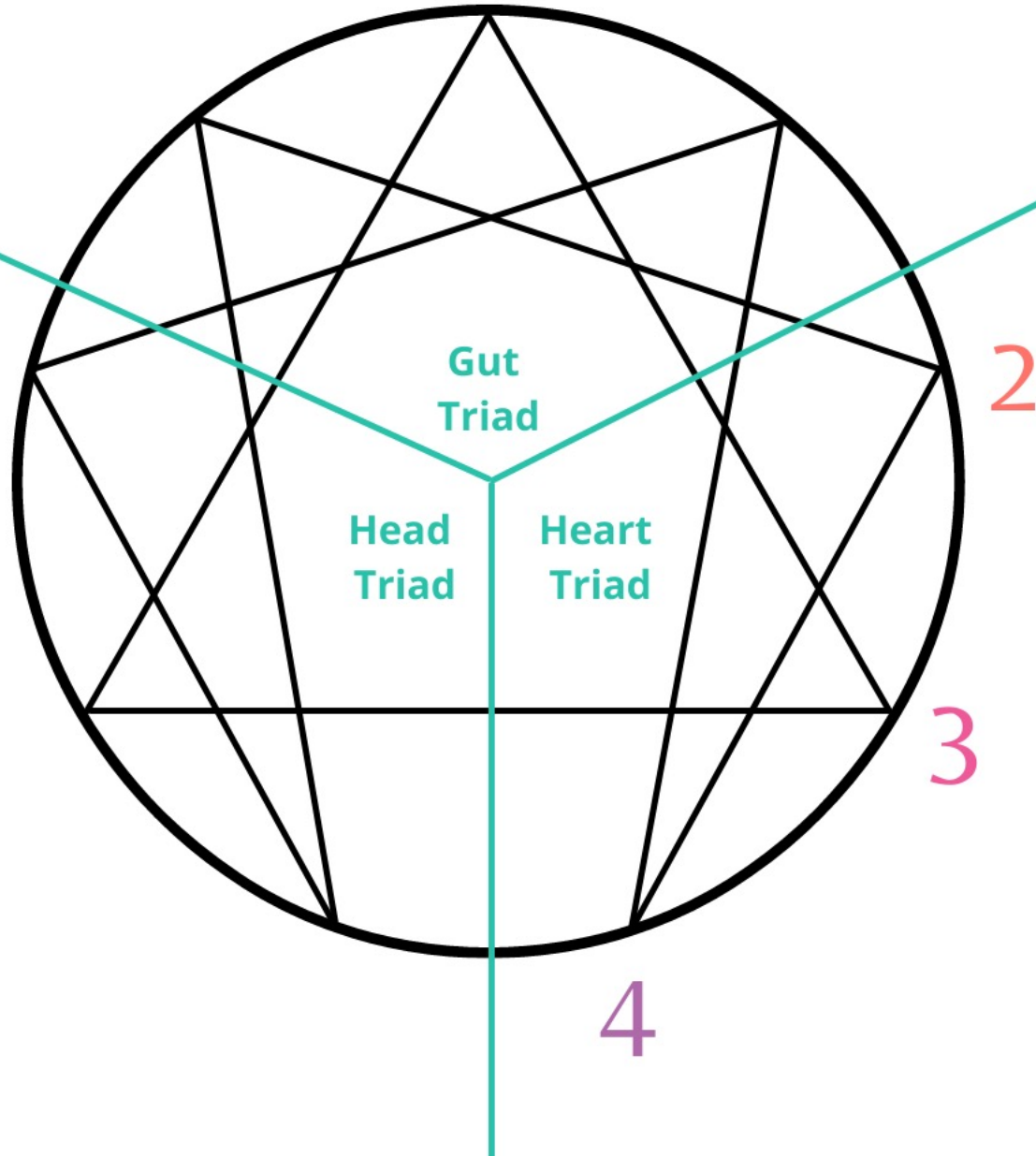
### Core Fear

To be cut off from emotions, simple, defective, or inadequate

### Attention and Energy go to:

Finding what is missing, and searching for the most unique, special, and fulfilling things

**Connect to Gut/Body** - Move it, walk, stretch



**Connect to Head**

Read  
Research  
Meditate

# OBSERVING INVESTIGATOR

## Core Desire

To be competent and proficient

## Motivation

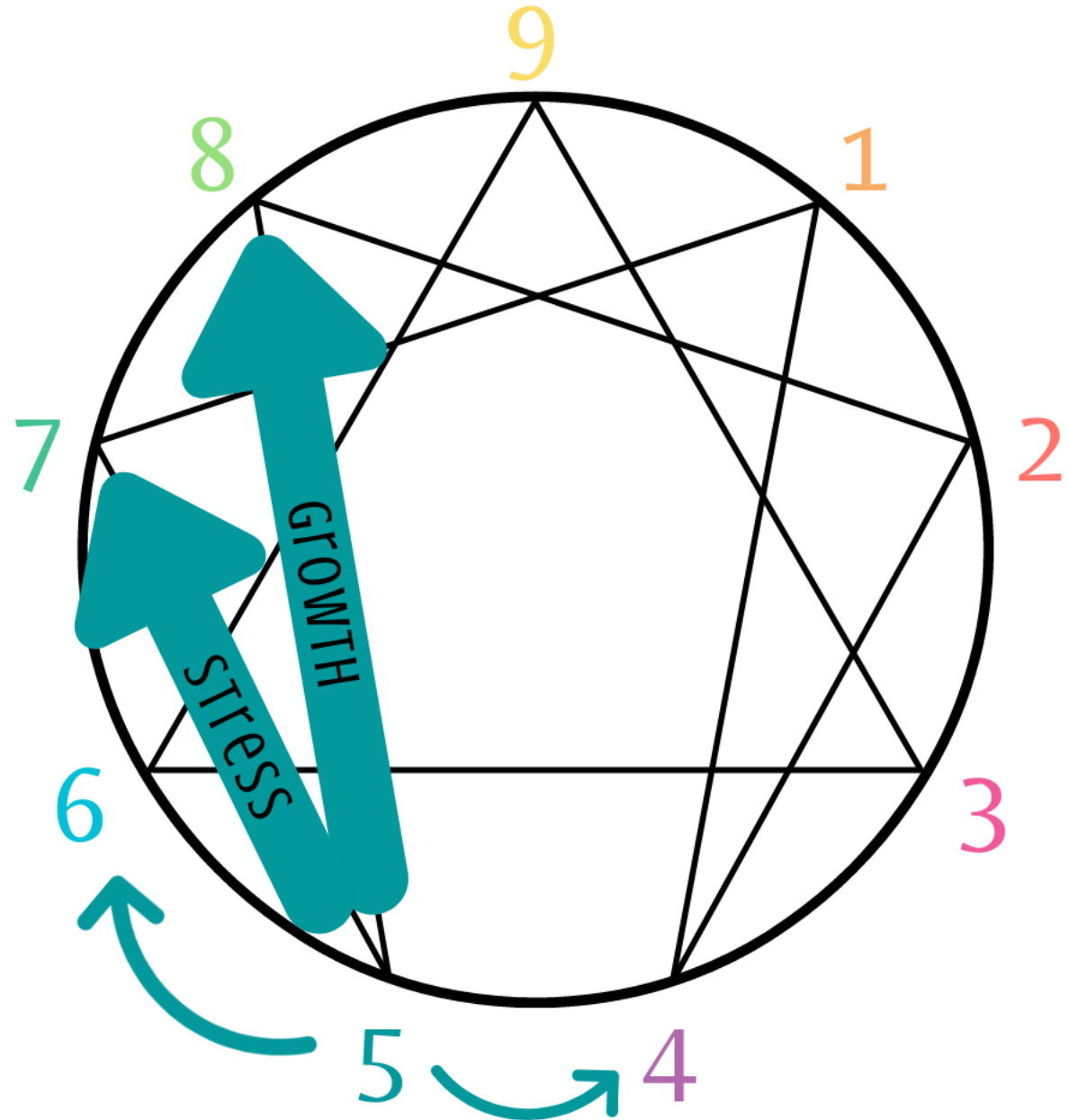
Seeks decisive clarity through thoughtful conclusions

## Core Fear

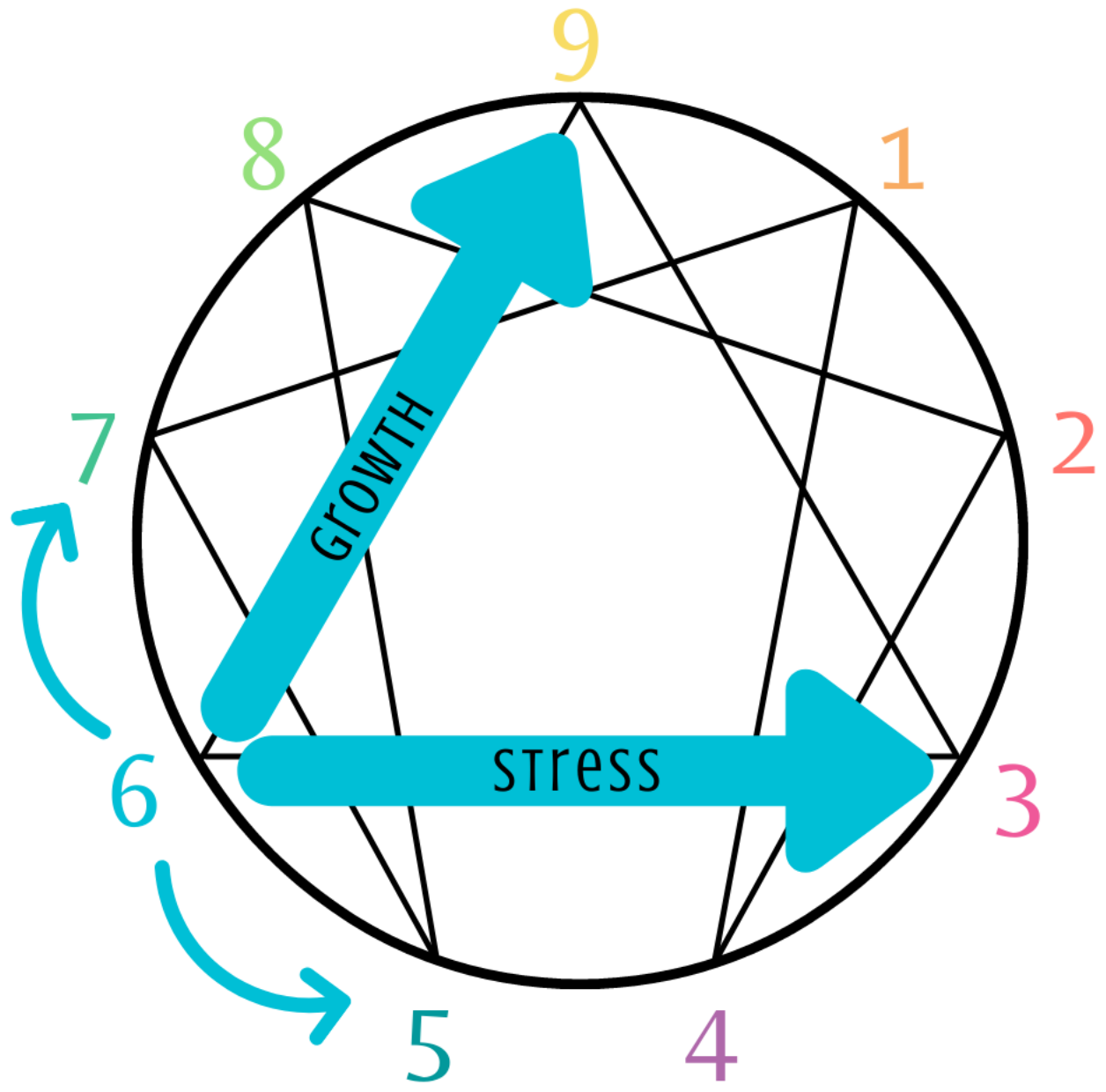
To be thought of as incapable or uninformed, obligations that exhaust their energy

## Attention and Energy go to:

The expectations of others, building knowledge, becoming private, self-sufficient.







# QUESTIONING LOYALIST

**Core Desire**

To have security, support, and stability

**Motivation**

Seeks steady consistency through loyalty

**Core Fear**

To be without guidance or support, being blamed or alone, fear itself

**Attention and Energy go to:**

Worst-case scenarios, becoming vigilant, questioning, doubting

# 7

## ENTERTAINING ENTHUSIAST

### Core Desire

To be happy, content, and satisfied

### Motivation

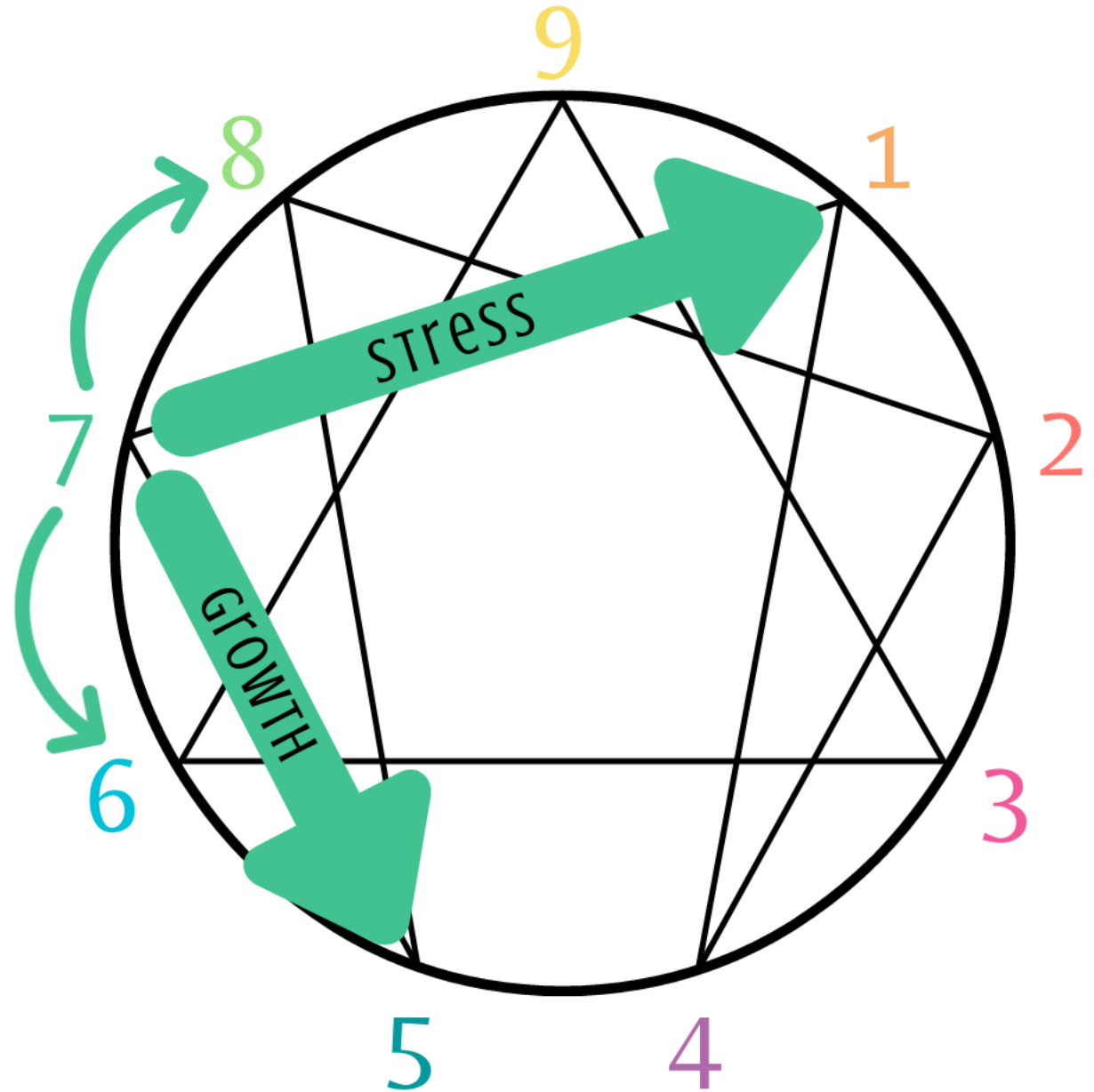
Seeks freedom and independence

### Core Fear

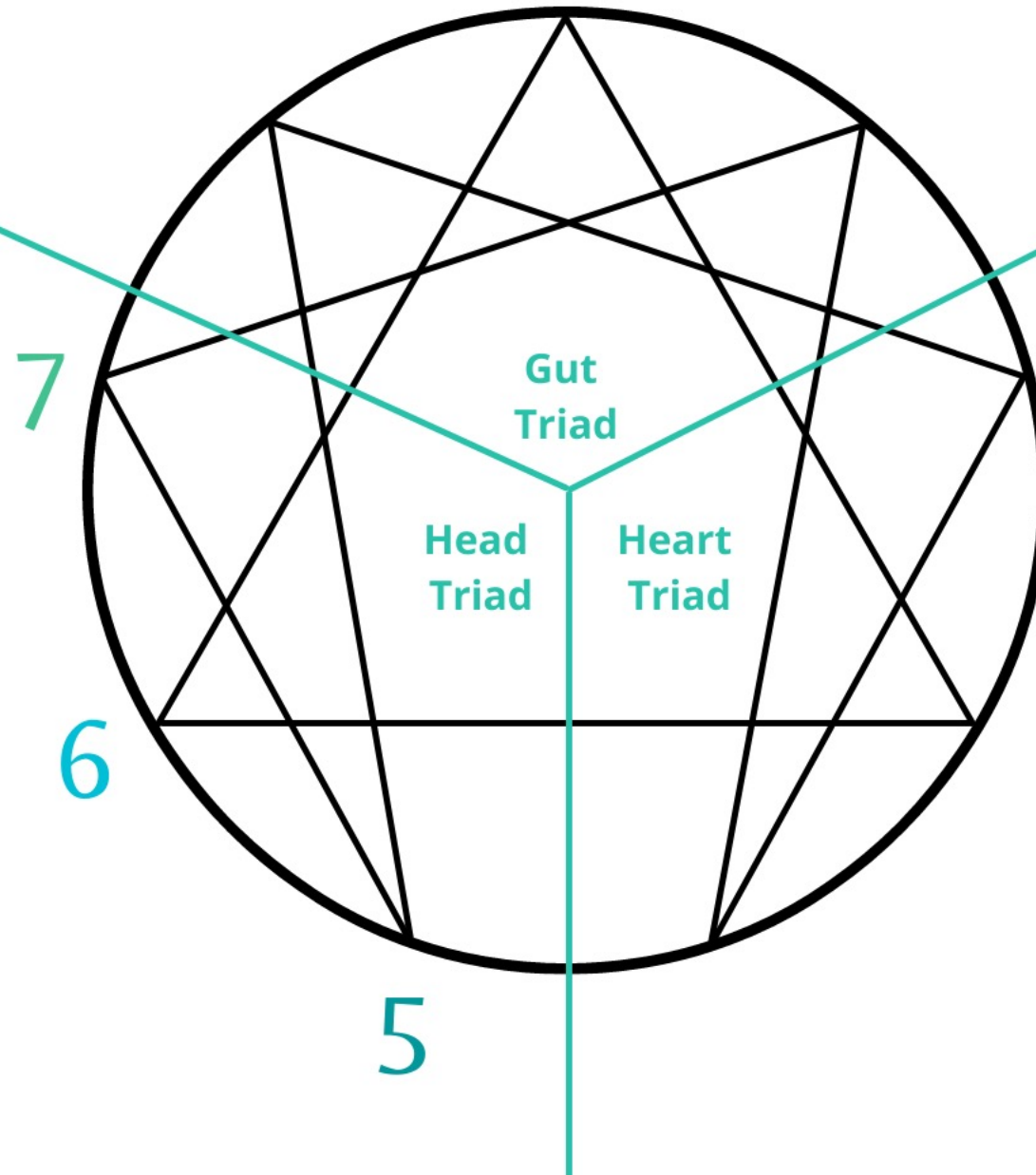
To be in pain emotionally, bored, or deprived, FOMO

### Attention and Energy go to:

Anything that limits or constrains, interesting ideas, pleasurable experiences

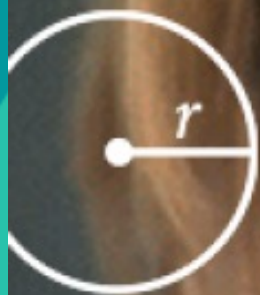


**Connect to Gut/Body** - Move it, walk, stretch



**Connect to Heart**

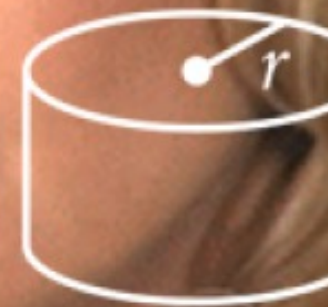
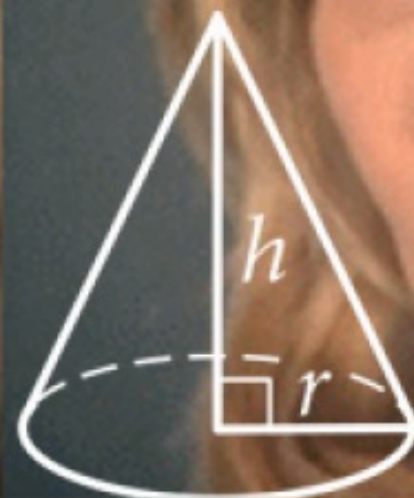
Gratitude  
Connection  
Share



$$A = \pi r^2$$

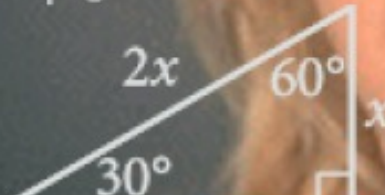
$$C = 2\pi r$$

$$V = \frac{1}{3} \pi r^2 h$$



$$V = \pi r^2 h$$

	30°	45°	60°
sin	$\frac{1}{2}$	$\frac{\sqrt{2}}{2}$	$\frac{\sqrt{3}}{2}$
cos	$\frac{\sqrt{3}}{2}$	$\frac{\sqrt{2}}{2}$	$\frac{1}{2}$
tan	$\frac{\sqrt{3}}{3}$	1	$\sqrt{3}$



$$\int \sin x dx = -\cos x + C$$

$$\int \frac{dx}{\cos^2 x} = \tan x + C$$

$$\int \tan x dx = -\ln|\cos x| + C$$

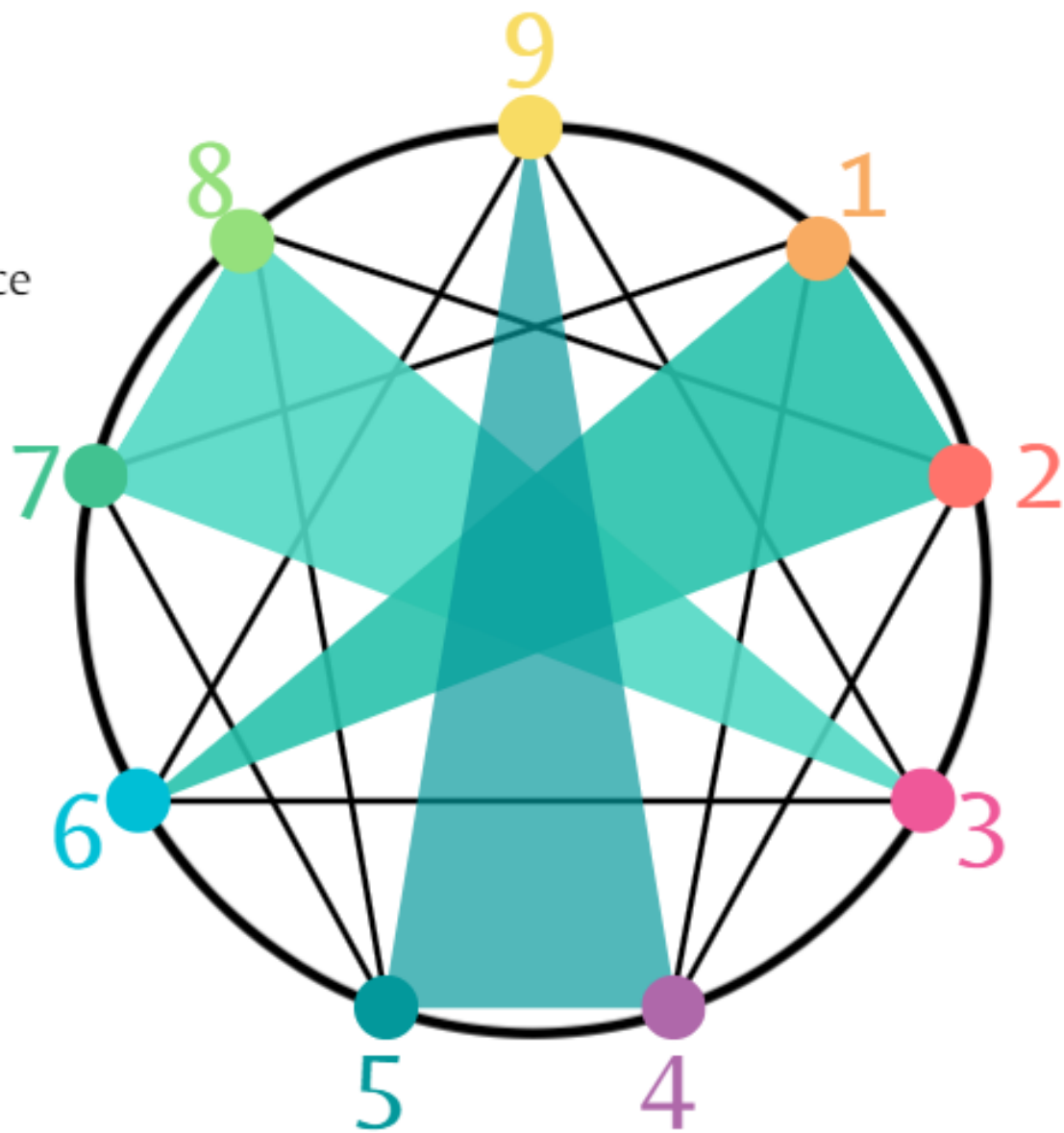
$$\int \frac{dx}{\sin x} = \ln \left| \tan \frac{x}{2} \right| + C$$



$$ax^2 + bx + c = 0$$

$$a\left(x^2 + \frac{b}{a}x + \frac{c}{a}\right) = 0$$

3, 7, 8  
Assertive (Aggressive) Stance  
Future Oriented

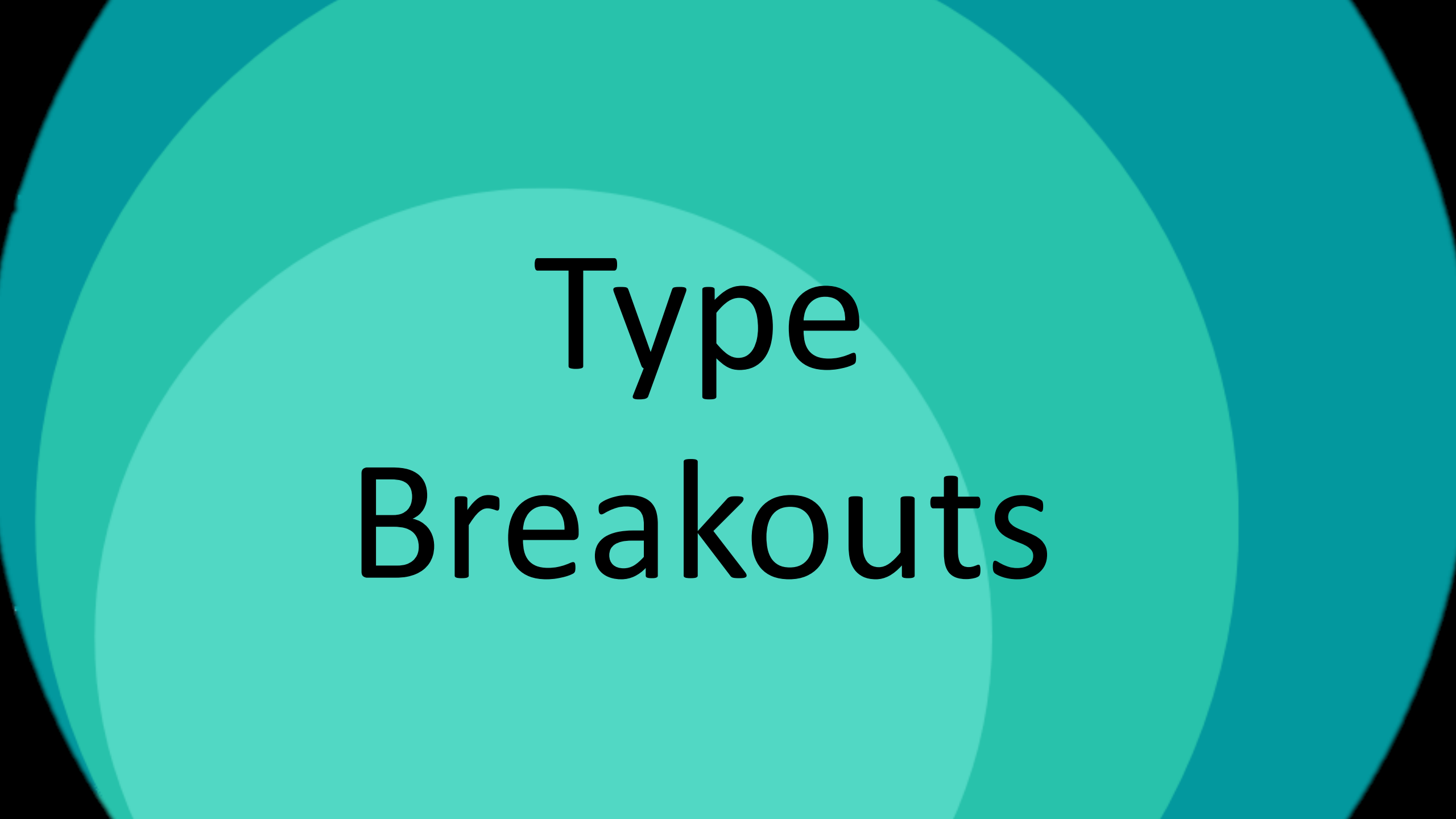


1, 2, 6  
Compliant Stance  
Present Oriented

4, 5, 9  
Withdrawn Stance  
Past Oriented

The background consists of three overlapping circles in shades of teal and turquoise, set against a black background. The circles are arranged in a way that they overlap each other, creating a layered effect. The text is centered within the overlapping area.

# Panel Discussion



# Type Breakouts

# Type Breakout Discussion Questions

- What are your biggest challenges when it comes to maintaining your mental and physical health?
- What do you feel you do well when it comes to your mental and physical health?
- What similarities came up in the group?



# Type 2

## Stress Indicators

May become

- Blunt
- Controlling
- Confrontational
- Defensive
- Aggressive
- Manipulative

## Self-Care

Know when to say no.

Do something just for yourself.

Ask first what others need and manage expectations for yourself.

# Type 3

## Stress Indicators

May become

- Disengaged
- Self-doubting
- Stubborn
- Apathetic
- Numb
- Needy

## Self-Care

Find something slow and introspective.

Take breaks from work and breathe.

Spend intentional time with loved ones.

# Type 4

## Stress Indicators

May become

- Moody
- Over-involved
- Manipulative
- People-pleasing
- Dependent
- Clingy

## Self-Care

Find a way to feel grounded and connected.

Set a schedule, not just when you're in the mood.

Break out of false realities in your imagination.

# Type 5

## Stress Indicators

May become

- Cynical
- Impulsive
- Distracted
- Restless
- Unfocused
- Impatient

## Self-Care

Invest time in deep  
friendship.

Seek advice when you're in  
information overload.

Alone time is a staple.

# Type 6

## Stress Indicators

May become

- Doubting
- Hyper vigilant
- Dishonest
- Superficial
- Stubborn
- Afraid of failure

## Self-Care

Start a gratitude or self-love journal.

Find an empowering outlet.

Separate the truth from the noise.

# Type 7

## Stress Indicators

May become

- Indulgent
- Irritable
- Critical
- Perfectionistic
- Judgmental
- Restrictive

## Self-Care

Setup a daily routine.

Bring intentions to your  
day.

Bring play into mundane  
tasks.

# Type 8

## Stress Indicators

May become

- Rebellious
- Withdrawn
- Detached
- Distrusting
- Isolated
- Complacent

## Self-Care

Practice self-restraint –  
let others take the lead.

Create consistent  
routines.

Take time for recovery.

# Type 9

## Stress Indicators

May become

- Forgetful
- Anxious
- Reactive
- Worried
- Irritable
- Defensive

## Self-Care

Take the time to figure out your feelings and needs.

Utilize scheduling/to-do lists to avoid procrastination.

It's ok to say no!



# Type 1

## Stress Indicators

May become

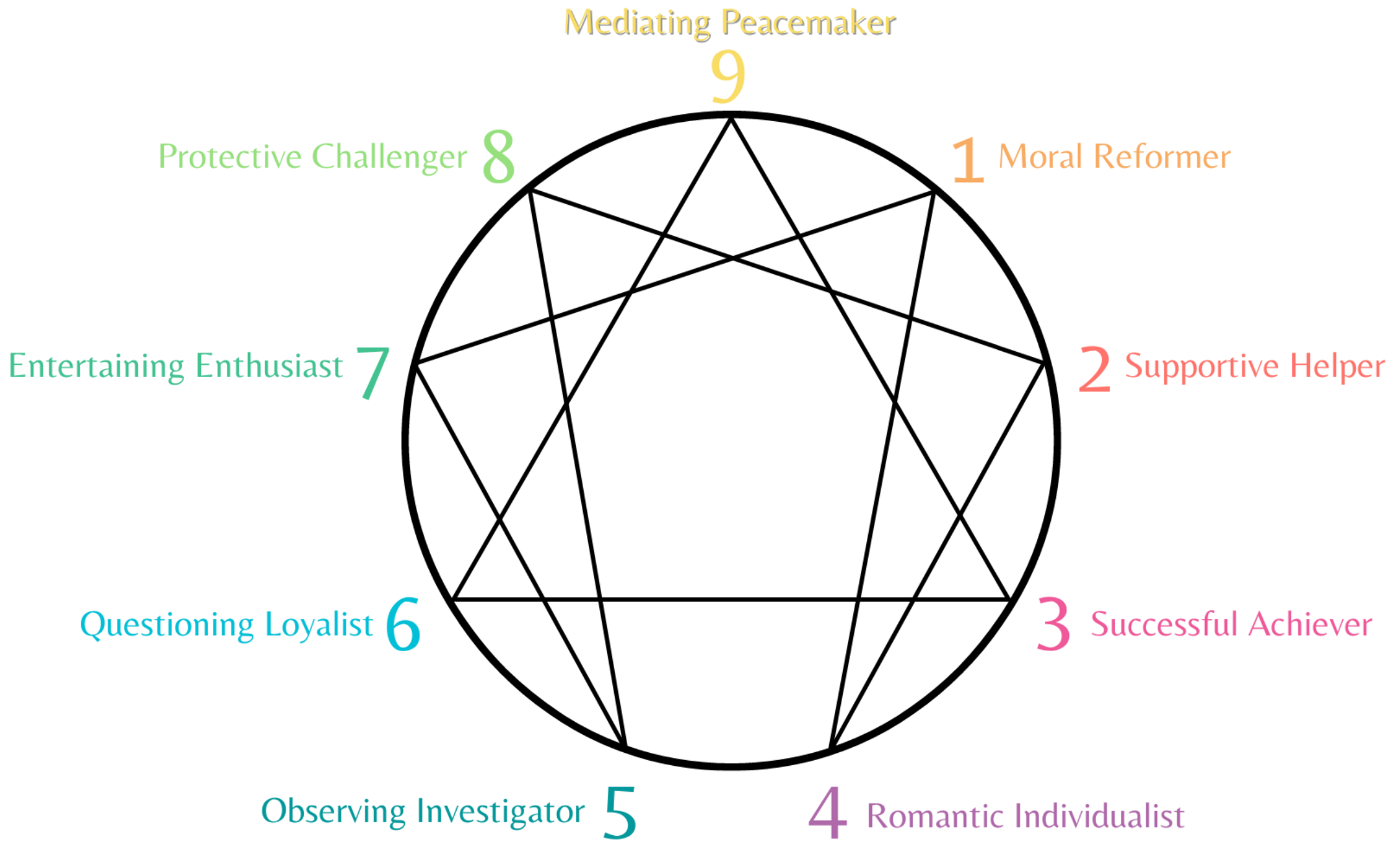
- Outwardly critical
- Resentful
- Withdrawn
- Melancholy
- Feel misunderstood
- Undisciplined

## Self-Care

Relax without thinking of the “shoulds”.

Practice self-compassion using affirmations.

Play in a judgment-free zone.





## **Further questions?**

**Interested in team development  
or leadership coaching?**

## **Contact Libby Cole**

**Certified Enneagram Coach**

**[libby@expandcandc.com](mailto:libby@expandcandc.com)**

**Instagram: [@enneagramtoexpand](https://www.instagram.com/enneagramtoexpand)**

**[www.expandcandc.com](http://www.expandcandc.com)**



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Thursday, January 18

Using Enneagram as a Tool for Professional Relationships at Your Practice & Professional Relationships

*Libby Cole*

*Catherine Kennedy*

*David Cantrell*

*Beverly A. Carroll*

*Erica McElreath*

*Lindsay Joyner*

*Lee Heath*

*Stacy Elizabeth Thompson*



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**Personality Type Breakout - Maintaining Mental  
& Physical Health While Practicing Law Group  
Discussion**

*Libby Cole*



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Tips on Self Care Management

*Libby Cole*