

The 4 Best Enneagram Podcasts That You Should Be Listening To

October 4, 2019 by Evan Doyle

There are a number of enneagram podcasts that have niched their way into the world bridged between microphone and speakers.

If you're an enneagram enthusiast or maybe a friend has recently piqued your interest, there are a number of great podcasts that will help introduce you to the enneagram. I'd even say that some content is so rich it could lead you down a road of self-discovery and awareness.

Done well, podcasts are resources that enrich our lives, provide enjoyment, and share information that is helpful to the listener.

The Enneagram is a powerful tool for personal and collective transformation. Stemming from the Greek words ennea (nine) and grammos (a written symbol), the nine-pointed Enneagram symbol represents nine distinct strategies for relating to the self, others and the world. – [Enneagram Worldwide](#)

Combining the medium of podcasting with the tool of the enneagram is a powerful way of sharing ideas and conversations that is meaningful for the consumer. If you've been wondering which podcast about the enneagram you should listen to, below is a list of the best ones. Also, do you use instagram? Be sure to check out the post, [The 9 Best Enneagram Instagram Accounts Worth Following](#).

The Best Enneagram Podcasts You Should Be Listening To Right Now

[Typology with Ian Morgan Cron](#)

As Ian Cron describes it, Typology is a podcast that explores the mystery of the human personality and how we can use the Enneagram typing system as a tool to become our most authentic selves.

Ian and his co-host, Anthony Skinner, do a great job of producing enriching, honest conversations in interview format. These enneagram podcasts feature guests from every sphere of life and career. The episodes are engaging. Ian does a tremendous job of guiding the conversations into a place of vulnerability, yet avoiding over-exposing the guests.

If you're trying to figure out which number you are, I believe the episodes that contain panels of each number are extremely helpful. Hearing multiple people discuss what it likes to be a certain type is eye-opening and very relatable.

I'll never forget listening to a panel of fives discuss with Ian what it is like to be that type. A cord struck deep within me and for the first time it felt like others knew exactly what it is like to be me. This is the [episode](#).

Some of the best episodes from this podcast:

[I Know My Type...Now What?](#)

[Exploring "The Shack" with the Enneagram and author Paul Young](#)

[Don Miller on Directing Your New Story](#)

[What's Your Stance? feat. Amy Grant](#)

Enneagram & Coffee

Enneagram and Coffee is the podcast hosted by Sarajane Case. It's purpose is *dedicated to discussing the beautiful and hard parts of working with the enneagram*. Her goal is to *focus on understanding the enneagram and using it as a tool for self-compassion*.

Sarajane has a big heart and that comes through both in her [instagram feed](#) and podcast episodes. The enneagram podcasts she shares have a focus on self-exploration, expression & entrepreneurship.

Most of the episodes are short form, with the exception of a couple that last over an hour.

Some of the best episodes from this podcast:

[How To Figure Out Your Type](#)

[Why We Don't Type People](#)

[Entrepreneur Corner: Content Creation](#)

The Sleeping At Last Podcast

Ryan Oneil is the host of The Sleeping At Last Podcast. This podcast features an in-depth dissection and explanation of how his songs inspired by each enneagram type took shape, one song at a time. Ryan shares about his writing process, the intention and thought behind his songs, what they mean to him and why he did what he did within each song.

The songs are beautiful and his deep-dive into each enneagram type are very interesting. While this podcast does contain other episodes that are not enneagram specific, taking time to check out the ones that are is well worth it.

Some of the best episodes from this podcast:

[One And The Enneagram](#)

[Two And The Enneagram](#)

[Three And The Enneagram](#)

[Four And The Enneagram](#)

[Five And The Enneagram](#)

[Six And The Enneagram](#)

[Seven And The Enneagram](#)

[Eight And The Enneagram](#)

[Nine And The Enneagram](#)

The Enneagram Journey

The Enneagram Journey is hosted by Suzanne Stabile, no stranger to the enneagram. She is an internationally recognized Enneagram master and has conducted hundreds of enneagram workshops over the past 25 years.

The hope of this enneagram podcast is for it to be a gift to its listener. For it to be *a tool to better understand yourself and those who share their lives with you. Growing in awareness as to why we struggle and discovering ways as to how we can promote our gifts, we can improve our relationships and promote community, patience, and tolerance.*

Most of the conversations are between the 45 minute to 1 hour mark.

Some of the best episodes from this podcast:

Differentiating Between Numbers
Introductory Episode Of The Enneagram Journey
Question and Answers

Keep in mind, the enneagram is one tool out of many for discovering more about who you who've become. While it is a great tool, it's not perfect. Yes, it is also helpful to use it in learning more about your self and others. However, personality assessments all have faults and your true identity is not in your number.

I hope these enneagram podcast episodes help you move toward growth and healthy relationships.

The Four Best Free Enneagram Tests Online

April 20, 2022 by Evan Doyle

Taking a free enneagram test to help determine which enneagram type you are is a great place to start. Discovering your personality and the motives and reasons behind it can be fulfilling and fruitful work. Keep in mind that taking a test is just the beginning.

Beth McCord describes the usefulness of the enneagram in the following way:

The Enneagram accurately and clearly describes why you think, feel, and behave in particular ways based upon your core fears and core desires.

The power of [the Enneagram](#) is in its ability to harness and transform self-limiting behaviors into life-enhancing personal empowerment.

Be prepared to find things out that are rewarding and also unsettling. This is the work of discovery and exploration to help uncover and become the best self you were created to be.

Using a free enneagram test from a reputable source is important. For this reason, we've listed the four best free enneagram tests that we trust and found helpful.

Are Free Enneagram Tests Accurate?

Remember that no self-reporting test is 100% accurate, but that doesn't mean you shouldn't take one, especially if they're free!

Because the assessments are free, it's advantageous to take all four to see if your results align. The links are easy to navigate, and you can return to this page to visit each test.

Each test takes only takes around ten minutes. Also, spend time reviewing the reports to further discover information about your possible personality type.

*Disclosure: Keep in mind that we may receive commissions when you click our links and make purchases. However, this does not impact our reviews and comparisons. We try our best to keep things fair and balanced to help you make the best choice for you.

The Four Best Free Enneagram Tests Online

Truity

Truity is a site that offers assessments that they claim are *scientifically validated personality tests to help you grow and find your way in life*. Truity is not specifically dedicated to the enneagram; however, it is one of its tests. The test is easy to take and only takes about ten minutes.

This free enneagram personality test will help you identify which of the 9 personality types best fit you. It also provides you with scores for all 9 Enneagram types.

To take the Free Enneagram Test offered by Truity, click [HERE!](#)

The link above is an affiliate link with Truity.com. At no additional cost to you, I will earn a commission if you click through and purchase an assessment. You will be redirected from my website to Truity.com.

Your Enneagram Coach

Beth McCord is the founder of this site. She has been an Enneagram speaker, coach, and teacher for over 18 years and has several credentials. The site also has an awesome [explanation page](#) for each type providing a quick list of each number and a helpful summary.

To take the Free Enneagram Test offered by Your Enneagram Coach, click [HERE!](#)

CloverLeaf

Cloverleaf is on a mission to help individuals and teams do their best work. This organization is built upon the belief that everyone is valuable, the whole person matters, and that relationship is everything.

Cloverleaf offers a variety of resources, including a free enneagram test. I really enjoy this test; the assessment questions are unique and fun to answer.

The free enneagram test provides a brief overview of your results and compares how your type may interact in a relationship with others based on communication, work style, sources of conflict, and reaction to conflict.

To take the Free Enneagram Test offered by Cloverleaf, click [HERE!](#)

Crystal

Crystal Knows is free to use and analyzes millions of online data points to identify personality accurately. Like Truity, Crystal is not solely focused on the enneagram but does include it as a personality assessment tool.

Within the enneagram section of the site, a basic menu is available with explanations offered for each type, wings, and how each type relates to others. The content is super clean, easy to navigate, and helpful.

To take the Free Enneagram Test offered by Crystal Knows, click [HERE!](#)

What Is The Best Free Enneagram Test?

We think Truity's Enneagram Personality Test is the best free enneagram test available online. The questions are in-depth, easy to respond to, and quick to navigate. The assessment results briefly introduce your possible type, how you scored for all nine types, what makes you unique, and your personality superpowers.

Our Top Four Best Free Enneagram Tests list includes accurate assessments from credible, trustworthy organizations. We believe each resource will help you in your journey with the enneagram.

The enneagram helps us to understand the basic motivations of each personality type. Using it can help you communicate with and relate to others more effectively.

The Enneagram is a tool that helps us awaken both self-compassion and our compassion for others. When we learn self-compassion and allow our hearts to expand, we can stop trying to change people and simply love them for who they are. – Ian Cron

While we may seem different on the surface, we have similar things in common: a desire for connection, understanding, support, and acceptance.

The enneagram is useful because it reveals areas of motivation, desires, and fears. Understanding these underlying things is helpful in one's journey to become more self-aware and relate better to others.

If you take a test, we'd love to know your results! Come back and share your type in the comments below!

Happy Test Taking!