



'The Investigator'

Curious, perceptive and private

- Type FIVE · HEAD Centre -

The Enneagram describes 9 ways of seeing the world.

If you have always needed to understand something completely before you felt ready to engage with it, this one is yours. You are motivated through your head. Your security comes from knowledge, from understanding and from never being caught unprepared.

Why this name?

The Five is named The Investigator because they have an extraordinary need to understand the world around them. They observe, analyse and collect knowledge with remarkable depth and focus. But this need to understand can become a way of staying safely on the edges of life rather than fully in it. Their journey is accepting that they already know enough and that the world needs them to bring that wisdom out rather than keep it safely within, and that starts with understanding the motivation that propels them forward and the fear that is quietly shaping their every move.

What gets you out of bed

To understand the world deeply and to feel capable and competent in all that they do

What keeps you up at night

Being helpless, incompetent or incapable of coping with the world

These three levels describe the range of how a Type Five can show up; from your most expansive self to your most contracted.



When you are in flow · Levels 1–3

You've stopped waiting until you know enough and stepped fully into the world. You share your extraordinary mind generously and openly and people are genuinely changed by it. Your knowledge is no longer something you protect. It is something you offer, and it illuminates everything it touches



When life gets hard · Levels 4–6

You withdraw. You hoard your energy and your knowledge and find it increasingly difficult to engage fully with the people and world around you. The idea of being seen as unprepared or incompetent feels so threatening that staying inside your own mind feels like the only safe option.



When you are running on empty · Levels 7–9

You have retreated entirely into your own inner world. You are isolated and completely disconnected from the people around you. The world outside feels overwhelming and the idea of engaging with it feels impossible. This is not who you are. It is what happens when a Five has been alone with their thoughts for far too long.

Discover how to begin living in flow →

Type FIVE

'The Investigator'

This is what becomes possible when you release and surrender

Most Type Fives will read this carefully and thoroughly before deciding whether it applies to them. That careful, thorough analysis before committing to anything, that is your first clue.

Type Five - Your true gift to the world

To illuminate the world with a depth of understanding that most people will never reach. A healthy Five does not just know things, they finally allow themselves to feel what they know. And when that happens, when the wisdom moves from the mind into the heart, what they bring to the world is not just intelligence. It is intelligence with soul. That is one of the rarest gifts any human being can offer.

This is what release and surrendering looks like for a Type 5.

Not knowing less. Not giving up the extraordinary mind that has always been your home. The moment you stop analysing the feeling and simply allow yourself to have it. When you finally let what you know move through your heart as well as your mind you will discover that wisdom without feeling was only ever half the story.



With Yourself

You step out of your mind and into your body. You discover that you are allowed to take up space in the world without having every answer. You stop waiting until you feel ready and discover that ready is not a place you arrive at. It is a choice you make.

The work: doing one thing today without researching it first



With People You Love

You let people in. Not all the way at once but enough. You discover that being known by someone does not deplete you the way you always feared. It sustains you. And the people who love you finally get to love all of you.

The work: staying in a conversation longer than feels comfortable



With The World

You bring your unique and visionary understanding of the world into something that genuinely changes it. You stop waiting until you know enough and start trusting that what you already carry is exactly what the world needs.

The work: sharing what you know before you feel completely ready.

Begin Here: Observe

You understand things at a depth most people will never reach.

Observe this: when did you last allow yourself to fully feel something rather than simply understand it?

The Enneagram is a lifelong practice. If your curiosity has been sparked and you are ready to explore further, I would love to continue this conversation with you.

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ENNEAGRAM & INTEGRATIVE COACH



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