



Core quadrant-Game

Title

The Core quadrant-Game

Description

This tool is about getting to know yourself and others, based on the theory of Daniel Ofman. Playing cards with a quality, a synonym and a popular saying are used to compose a quadrant with a core quality, a pitfall, a challenge and an allergy that belong together. Participants can compose their own core quadrant and give and receive feedback from others.

Benefit/Purpose

You learn to see your core qualities through which you inspire others. You discover the pitfall when there is too much of your core quality. You realize that your challenge is the opposite of your pitfall, the quality you admire in others. You become aware that you are allergic to too much of your challenge. By composing your own core quadrant you learn about the mechanisms of your behaviour. This self reflection can lead to growth (challenges) and acceptance of imperfections. It will help you in relationships and achieving goals.

Required material

128 playing cards: 1 set of 66 “positive” cards with qualities and challenges, including 2 jokers, 1 set of 66 “negative” cards with pitfalls and allergies, including 2 jokers. A board with the 4 quadrants.

Duration

30 to 60 minutes, depending on the rules

Amount of people required

1-6 per set of 128 cards

Links for further information

Van Vliet, V. (2012). *Core quadrant by Daniel Ofman*. Retrieved [18.05.2016] from ToolsHero: <http://www.toolshero.com/communication-management/core-quadrant-ofman>

1. Ofman, D. (2004). *Core Qualities: A Gateway to Human Resources*. Publisher: [Cyan Communications](#), ISBN-10: 9055942405 and ISBN-13: 978-9055942404.
2. Ofman, D. & Weck, R. van der (2004). *The Core Qualities of the Enneagram*. Scriptum, ISBN-10: 9055942448 and ISBN-13: 978-9055942442.