

STERLIN MOSLEY, PHD



PROFESSOR . COACH . DANCER
AUTHOR . INSPIRING SPEAKER





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“If you talk to a man in a language he understands, that goes to his head. If you talk to him in his language, that goes to his heart.”

– Nelson Mandela

Sterlin Mosley, Ph.D., is an Assistant Professor of Human Relations at the University of Oklahoma. He teaches classes on personality psychology, social change, cultural awareness, and women’s and gender studies. He holds a master’s degree in Human Relations Counseling, where he specialized in personality typologies and personality pathology, and a Ph.D. in Intercultural Communication. Dr. Mosley has conducted research on the Enneagram personality typology for over ten years and is a certified Enneagram coach and teacher.

Dr. Mosley has developed and facilitated numerous undergraduate and graduate courses, professional workshops, training, and lectures on personality, empathy, culture, gender, sexuality, spirituality, and communication. Dr. Mosley is the co-founder and CEO of Empathy Architects. He provides personal and professional coaching and develops and facilitates workshops on the Enneagram personality system, empathy, narcissism, and other systems to help foster greater awareness and positive change. Dr. Mosley is also a ballet dancer and founded a dance company where he is a resident choreographer and artistic director. He currently resides in Norman, Oklahoma.

WHY INTERVIEW STERLIN?

Sterlin Mosley, Ph.D. inspiring speaker and author and through his knowledge and research of personality psychology, social change, cultural awareness, and women's and gender studies, he will help inform any audience how we can gain a greater understanding of one another.

His book, *The Narcissist in You and Everyone Else*, allows readers to understand how narcissism can show up in their lives and how it might be destructive. Through his work, readers will be able to show greater compassion towards others and help readers improve themselves everyday.

As there are various topics with rich content that Dr. Mosley shares, he merges energy and enthusiasm to empower and embolden any audience. Learn more about how to feature *The Narcissist in You and Everyone Else*, interview Dr. Mosley, or invite Dr. Mosley to speak at your event and inspire change.

SUGGESTED INTERVIEW DISCUSSION TOPICS

- Connecting Narcissism and the Enneagram Personalities.
- Explore how your own narcissistic tendencies may show up and how to challenge those tendencies to continue to push for greater compassion and empathy for yourself and others with new book *The Narcissist in You and Everyone Else*.
- Identify how narcissism shows up in our own lives and when everyday narcissism becomes destructive.

ADDITIONAL DISCUSSION TOPICS

- The Enneagram of Personality
- Narcissism, Psychopathy, Sociopathy (on both the individual and collective levels)
- Types and Levels of Human Empathy
- Myers Briggs
- Levels and States of Consciousness
- Multiple Intelligences
- The Big Five

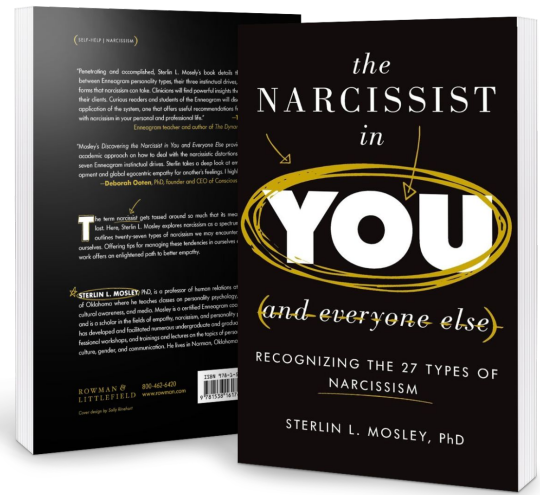
- Microexpressions, micromovements and language analysis for personality typing
- Jungian Psychology and Transpersonal psychology
- Quantum Psychology
- Communication lexicon
- Conflict Management
- Psychological and Spiritual Biohacking
- Somatic Character Structures
- Cultivating empathy and sympathy
- Compassionate communication
- Psychological core triggers and defenses
- Organizational communication

SUGGESTED INTERVIEW DISCUSSION QUESTIONS

- What is narcissism and in your opinion, how has pop psychology led to a misuse of it?
 - Does every single person have at least one variation of the 27 narcissistic personality subtypes?
 - Can you provide an example of a healthy level of narcissism and how it can benefit individuals and society, conversely when does narcissism become problematic in someone's personality?
 - How does the prevalence of narcissism in modern society impact our relationships and community?
 - How can readers identify their own narcissistic tendencies and work on them for better compassion and empathy?
 - Being well-versed in Enneagram personality models, when did you first think about the correlation between the Enneagram personality types and narcissism?
 - What are the most common subtypes of narcissism amongst the 27 you describe in your book?
 - Besides being an author, you are also an Assistant Professor of Human Relations at the University of Oklahoma and co-founder and CEO of Empathy Architects. How is everything interconnected?
 - Ultimately, what is the main purpose of your book and who did you have in mind as a reader when writing it?
 - Where can people learn more about you and your book?
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the NARCISSIST in YOU (and everyone else)

Recognizing the 27 Types of Narcissism



You're narcissistic. Yes, you read that correctly.

You're narcissistic, but so am I, your mother, partner, best friend, and neighbor. Perhaps when you hear the word narcissist, you think of someone who believes they're pretty great and doesn't care what anyone else thinks. And while these are some manifestations of narcissism, the experience of narcissism in human beings is fascinatingly nuanced.

Overall, the word has a pejorative implication and, thanks to pop psychology, has become a catch-all to describe anyone who possesses higher-than-average confidence and treats people carelessly. Unfortunately, these stereotypes fail to tell us what exactly narcissism is or what it does to us or others when it occurs in everyday life.

Well-versed in the Enneagram personality model and knowing that there are no one-size-fits-all criteria for identifying narcissism, Sterlin L. Mosley realized there had to be at least nine variations of narcissistic personality disorder. *The Narcissist in You and Everyone Else* is about the convergence between the Enneagram personality types, the three primary instinctual drives, and narcissism.

We all have a touch of one of the 27 subtypes of narcissism described in this book within us. So maybe you're not so enamored with yourself that you can't stop staring at yourself in the mirror, but who among us hasn't become so singularly focused on an aspect of ourselves or our experience that we've lost sight of the world around us? **Narcissism isn't in and of itself a problem but rather an occasional condition of modern life in an individualistic society.**

Explore narcissistic tendencies that may appear in your own life and learn how to challenge those tendencies to continue to push for greater compassion and empathy in your everyday life and those around you. This book's purpose isn't to tell you how wrong, terrible, or defective you or anyone else with narcissistic tendencies are (which, remember, is all of us). Instead, this book is meant to create better understanding and forgiveness for ourselves and others.

the NARCISSIST in YOU (and everyone else)

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SUBTITLE – Recognizing the 27 Types of Narcissism

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