



THE ENNEAGRAM AND OUR INSTINCTUAL SUBTYPES

LOCATION

15 OVERBROOK ROAD
ASHEVILLE, NC 28805
LAND OF SKY UCC

WITH CERTIFIED ENNEAGRAM TEACHER

SANDRA SMITH, M.Div.

October 6, 2018

Saturday, 9:00 am-3:30 pm



This workshop will deepen our knowledge of the Enneagram as we explore the three specific instinctual drives that influence our type:

- the instinctual energy of *surviving* or **self-preservation**
- the instinctual energy of *belonging* or **social**
- the instinctual energy of *connecting* or **one-to-one**

We have all three of these drives and one tends to be dominant. **This most used instinctual energy is an arena of our strengths as well as our neurotic grasping.** During our time together we'll discuss *the three dimensions of each of these three subtypes* and strategies for calming our grasping and **balancing** the three drives. Many teachers believe that the subtypes play a central role in intimate relationships, perhaps more than Enneagram type. When released through the compulsions of our personality type, these instinctual drives become subtypes that give the personality a particular look. Thus, two people who share the same Enneagram type may behave quite differently. Our Enneagram type reveals how we perceive our environment, receive and process information. Subtypes are about output—how and where we expend our life's energy. Understanding our subtype energies is central to our personal growth and self awareness and frees up energy that is over-used in one subtype area.

This workshop is for those with a working knowledge of the Enneagram. **Cost is \$95 before September 28 and \$120 after September 28.** Cost includes workshop materials, snacks, and registration fees. Please bring a brown bag lunch. Drinks will be provided. *Certificates of Attendance available on request.* **For information or to register, email Sandra Smith at sandraCsmith@charter.net or call 828-808-5820.**

Sandra Smith, M.Div., teaches the Enneagram throughout the country as a tool for personal, professional and spiritual growth. She uses the Enneagram as a map in staff communication and managerial styles for businesses, non-profit organizations, and faith communities. She creates and leads beginning and advanced Enneagram classes and offers individual sessions as an Enneagram consultant and spiritual companion. Learn more about her work at **AlchemyWorksEvents.com.**

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