



ALCHEMYworks

reclaiming our inner gold

Sandra Smith, M.Div.
Enneagram Consultant

As a Certified Enneagram Consultant, Sandra works with organizations to enhance the effectiveness of their managers and employees' working relationships. She engages individuals at the core of who they are in exploring their gifts and strengths as well as the workplace issues that challenge them.

Individual consulting sessions help clients to

- * Identify and expand perspective through which information is received
- * Discern strengths and create strategies for engaging these in the workplace
- * Develop personal strategies for increased emotional intelligence
- * Deepen self awareness to uncover resistance to and fear of change
- * Identify core internal stories of the Enneagram type that drives reactive responses
- * Cultivate leadership gifts by working with blind spots and expanding perspectives

Personal and professional development around workplace and leadership issues as well as life transitions such as health, relationships, improved communication and interpersonal issues are offered using the Enneagram as map.

Sandra consults via the phone, workplace site, or is available for sessions in her downtown Asheville office. These sessions are not psychotherapy or past oriented, but instead focus on “what is” and “what can be.”

Individual consultation sessions are arranged in 15 minute, 30 minute or hour sessions. On site group work is offered in 60 or 90 minute sessions.

Individual consultations can be scheduled Monday through Friday mornings by contacting Sandra at 828-684-2339.