



LOCATION

ST. JOHN'S CATHEDRAL

KNOXVILLE, TN

PARKING AND ENTRANCE 414 W. CHURCH AVE.

AN IN DEPTH NINE PANELS EXPLORATION

THE ENNEAGRAM FROM AUTOMATIC TO AUTHENTIC LIVING

WITH CERTIFIED ENNEAGRAM TEACHER

SANDRA SMITH, MDIV

November 15 & 16, 2019

Friday, 2:00-6:00 pm

Saturday, 9:00 am-4:30 pm



Sandra Smith, MDIV, teaches the Enneagram throughout the North America 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. She cohosts the podcast, *Heart of the Enneagram* and co-authored the companion book. Learn more about her work at AlchemyWorksEvents.com.

To register on line, go to www.stjohnscathedral.org

**Sponsored by
The Spirituality Center
at St. John's Cathedral**

Learning the Enneagram System involves an intimate exploration of our internal landscape. **It isn't a typing system but a clear map of the shape our consciousness has taken.** It brings to consciousness "why we do what we do" and indicates where our minds focus when we live life on automatic. Another unique feature of this system is its ability to clearly identify motivations beneath behaviors. What a gift! Join us as we gain a deeper understanding of the nine distinct perspectives the Enneagram offers. As we deepen our self-awareness, we become less reactive, more curious and compassionate.

During this workshop, participants will learn:

- the basic characteristics of the nine Enneagram types
- the three centers of intelligence and their role in decision-making
- challenges & barriers to growth for each type

Those new to the Enneagram will gain insights into the workings of their ego, what drives their behavior, and internal stories that shape perceptions. Those who know the Enneagram will learn more of its complexities and the felt sense of type. Or learning will be facilitated by panels of the nine types, type groups, dyad inquiry and presentation. **Cost: \$175 before November 6th and \$195 after November 6.** Cost includes workshop materials and Saturday lunch. Vegetarian and gluten free options available. *You need not know your type before the workshop. Certificates of Attendance available on request.* For information call Thom Rasnick or Whitney Ross at (865) 525-7347.

Name(s) _____

Phone _____ Email _____

Dietary needs? _____ Enneagram type? _____ Total Payment: \$ _____

Make check payable to St. John's Cathedral and mail to St. John's Cathedral, P.O. Box 153, Knoxville, 37901-0153

Write "Enneagram workshop" in memo line of check