



THE NINE ENNEAGRAM TYPES IN GRIEF & LOSS

November 13 & 14, 2020

Friday, 7:30-9:00 pm

Saturday, 10 am - 12:30 pm

and 2:00-4:00 pm

ONLINE

Poet and author David Whyte says that 50% of our life is saying goodbye. This begs the question, “How are we navigating these losses?” Whether loss is related to health, shattered dreams, work, relationships, or Covid, our personality style *moves into patterns that lessen anxiety in the moment, yet doesn’t allow our grieving to flow through.*

During this workshop, participants will explore how their Enneagram type works with loss in ways that may be life-denying as well as life-giving. For example, for type Eight, the coping strategy of being strong, the core avoidance of vulnerability, and the defense mechanism of denial work together to create a barrier to moving through grief.

Knowing the ways in which our personality structure limits us, allows us to better navigate the journey deeper into our hearts in order to feel our emotions. As we deepen our self-awareness, compassion for self and others flows from and through the healing of emotional pain.

During this workshop, participants will learn

- **the types’ complexities that serve as barriers to healthy grieving**
- **the inner resources of the types in times of loss**
- **healthy strategies for leaning into and moving through loss**

Dyads, type group discussions and experiential exercises will facilitate our learning. This workshop will be of particular interest to therapists, coaches, spiritual directors and those who work closely with others. Cost is \$80. Full refunds (minus \$25 fee) before November 10. No refunds after this date.

Workshop Facilitator



Sandra Smith, MDiv, teaches the Enneagram internationally as a tool for personal, professional and spiritual growth. She is a certified IEA professional and certified Narrative Tradition teacher. In addition to corporate and nonprofit staff retreats, she offers individual sessions as an Enneagram leadership consultant and spiritual companion. Her understanding of the complexities and nuances of each Enneagram types makes her workshops a rich learning experience. Sandra cohost the *Heart of the Enneagram* podcast and coauthored its companion book.



**For more information
call 828-808-5820 or email
sandraCsmith@charter.net.**

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