



FROM AUTOMATIC TO AUTHENTIC THE ENNEAGRAM MAP

AN INTRODUCTORY WORKSHOP

WITH CERTIFIED ENNEAGRAM TEACHER
SANDRA SMITH, MDIV
AUGUST 6, 2022
SATURDAY, 9:00 AM-5:00 PM



The Enneagram System provides us with a map of nine distinct perspectives and the motivations behind our behaviors. It brings to consciousness “why we do what we do” and deepens our awareness of our automatic patterns that keep us asleep to our lives. As we deepen self-awareness, we become less reactive, more curious and compassionate. Understanding the nine different filters and motivations allows us to be more patient with differing points of view, cultivate more curiosity and lessen our judging. This work begins with being present to ourselves, therefore our time together will begin with presence practices and include:

- learning about each type’s placement of attention and the associated blind spots
- understanding the world view and ego ideal of each of the nine types
- exploring the reactivity triggers in order to better self-regulate
- working with our three centers of intelligence

Through dyad exercises, self reflection, group discussions, and didactic, participants will learn more of the inner dynamics of each type and how these dynamics shape and influence behaviors.

This workshop is an introduction to this system, therefore participants need not know their Enneagram type.

Cost is \$100 and includes handouts. Participants are encouraged to bring their lunch. Drinks will be provided. Go to this site to register:
<https://www.eventbrite.com/e/the-enneagram-an-introductory-workshop-tickets-301288480957>

Direct questions about this workshop to Larry Hembree at lhembree@earthlink.net

In preparation for this event, participants are encouraged to listen to Episodes 1 & 2 of Season 1 before this course of the *Heart of the Enneagram* podcast. Download the podcast on your podcast app or go to Sandra’s website or to heartoftheenneagram.com.

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. To learn more about her work visit her website **AlchemyWorksEvents.com**.



LOCATION

FAMILY PROMISE OF THE MIDLANDS
1333 OMAREST DRIVE, COLUMBIA, SC 29210