



# RESILIENCY

## *Working with the Nine Enneagram Types*

CERTIFIED ENNEAGRAM TEACHER

SANDRA SMITH, MDiv

SATURDAY, AUGUST 27, 2022

10:00 AM-1:00 PM EASTERN

9:00 AM -NOON CENTRAL

8:00-11:00 AM MOUNTAIN

7:00-10:00 AM PACIFIC



*THIS IS AN ON LINE OFFERING.*

**Resiliency** is defined as a person's capacity to respond to pressure and the demands of daily life. It is an active process that draws from inner resources.

This Enneagram workshop will consider the capacity for resiliency for each of the nine types. Resiliency is supported by mental agility, confidence, and commitment (will power). Each type has strengths to engage to develop resiliency as well as false inner narratives and patterns that are barriers to an attitude of resilience. Through inquiry dyads, didactic, group discussions, and self-reflection, participants will identify their own strengths and barriers as well as name next steps to cultivating the inner narratives and behaviors that grow resiliency within.

Please know that this workshop will not work with issues of trauma. Participants need a working knowledge of their Enneagram type to participate in this offering. The cost of this three-hour workshop is \$60.

If you have questions, email Sandra at [sandrasmith@charter.net](mailto:sandrasmith@charter.net). Once registered, you'll receive a zoom link. You can register on Sandra's website at this link: <https://alchemyworksevents.com/resiliency-and-the-nine-enneagram-types/>

From the poet Maya Angelou:

*"I can be changed by what happens to me. But I refuse to be reduced by it."*

*"You may encounter many defeats, but you must not be defeated. In fact, it may be necessary to encounter the defeats so you can know who you are, what you can rise from, how you can still come out of it."*

**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.**

