



New Workshop!

Exploring the
Enneagram's
Triads

ONLINE
EVENT

CERTIFIED INTERNATIONAL TEACHER

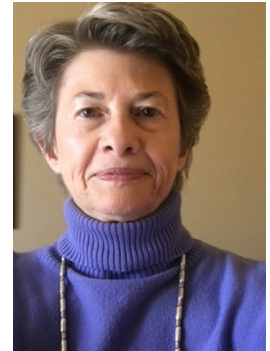
SANDRA SMITH, MDIV

SATURDAY, MARCH 11, 2023

9:30 AM -1:00 PM EASTERN

8:30 AM-12:00 NOON CENTRAL

7:30 -11 AM MOUNTAIN



The Enneagram, a map of our ego structure's automatic patterns, is a complex system and the learning is endless. The work of our Three Centers of Intelligence (head, heart, body) is foundations to our growth and capacity for presence. Our type resides in our lead center and the work is accessing the other two. Additionally, working with the Enneagram reveals other triads. The Hornebian Triad, named after the psychiatrist Karen Horney, indicates the different ways people manifest their desires in relational and social situations. These triads indicate how we behave to get our needs met: flight, fight, freeze.

When we are thwarted in getting our needs met, our behavior shifts. The Harmonics Triad reveals behavior patterns and first ways we respond to conflict. This is good information in working to resolve conflicts.

The Enneagram of Harmony or Harmony Triads connects the nine Enneagram types is a unique way by harmonizing the energies from the three triads. In other words, each Harmony Triad includes an assert type, withdrawing type, and a dutiful type, a re-framing, containing, and expressing type as well as a type from each center of intelligence.

Opening to all of these triads supports deepening our awareness. We find more balance in our lives when we access more of who we are. Self-reflection, dyad inquiry, small group discussions, along with Enneagram type panels will help facilitate the learning.

Participants need a working knowledge of their type to participate. The cost is \$90. Direct questions to Sandra at sandracsmith@charter.net.

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 co-host the *Heart of the Enneagram* podcast and coauthored its companion book. To learn more about her work visit her website **AlchemyWorksEvents.com**.

Register for this workshop at this link:

<https://alchemyworksevents.com/exploring-the-enneagrams-triads/>

