



# Deepening Self and Other Awareness

Using the

# ENNEAGRAM AS GUIDE

## LOCATION

**FIRST PRESBYTERIAN CHURCH**  
950 W. STATE STREET  
BOISE IDAHO 83702

## CERTIFIED INTERNATIONAL TEACHER

SANDRA SMITH, MDIV

**MARCH 8 & 9, 2024**

FRIDAY, 1:30-5:30 PM

SATURDAY, 9:00 AM-4:00 PM MOUNTAIN



**The Enneagram**, a map of our ego structure's automatic patterns, is a complex system and the learning is endless. It brings to consciousness "why we do what we do" and brings awareness to the automatic patterns of our type or ego structure. As we deepen our 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. Using a narrative style of teaching and learning, the panels of the types offer a dynamic learning method that brings aliveness and heart to the workshop!

### During this workshop, participants will

- Engage in presence practices
- Explore their three centers of intelligence (head, heart, body)
  - Learn the inner components of each Enneagram type
- Receive type-specific spiritual practices for growth beyond limiting patterns

*During our time, presentations, dyad exercises, self-reflection, and small group discussions will facilitate our learning process along with panels of Enneagram types speaking to their lived experience of their type. Type Panels are a fascinating method of deepening our learning of our ego structures.*

Participants need not know their type to participate. Before **February 14**, the cost of \$139 includes tuition, handouts and a light Saturday lunch. After this date, the cost is \$169. Direct logistical or content questions to sandracsmith@charter.net. Copy and paste this link into your search bar to register and make payment: <https://alchemyworksevents.com/deepening-self-and-other-awareness-using-the-enneagram-as-a-guide/>

### Sponsors of this event include

Southminster Presbyterian Church, First Presbyterian, Boise  
Boise Unitarian Universalist Fellowship, All Saints Episcopal Church,  
Red Rock Christian Church (Disciples of Christ)  
Cathedral of the Rockies, Osher Lifelong Learning Institute

**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-hosted the *Heart of the Enneagram* podcast and coauthored its companion book. To learn more about her work, visit her website [AlchemyWorksEvents.com](https://AlchemyWorksEvents.com).

