



Deepening into Essence

LIVING BEYOND YOUR ENNEAGRAM TYPE

LOCATION

ST. MARY'S-ON-THE-HIGHLANDS
1910 12TH AVENUE SOUTH
BIRMINGHAM, AL 35205

Use the parking lot in the next block past the church

CERTIFIED NARRATIVE ENNEAGRAM TEACHERS
SANDRA SMITH AND CATHY WRIGHT

SEPTEMBER 8, 2024
SUNDAY, 2:00-5:30 PM CENTRAL
REGISTRATION: 1:45 PM

Sandra Smith



Cathy Wright



The Enneagram, a map of our ego structure's automatic patterns, is a complex system and its learning opportunities are endless. It brings to consciousness "why we do what we do" and awareness to the automatic patterns of our type, also known as our "ego structure." Knowing the patterns that limit us allows us to choose life beyond these patterns. While we may feel stuck in our type patterns, we are not our Enneagram type! So who are we beyond this familiar comfort zone of our type?

Through small group discussions, dyad inquiry, type panels, and presentations, we'll explore this question of who we are beyond our type. Type components such as the *ego ideal and world view* will be a focus of our conversations.

During this workshop, participants will

- Engage in presence and receptivity practices
- Learn some of the inner components of each Enneagram type
- Engage in type groups to deeper their understanding of their type
- Consider strategies for moving beyond type

Anyone with a basic understanding of the Enneagram will benefit from this workshop. For those with more Enneagram experience, the workshop will include new teachings and methods to enhance your practice.

Registration and Payment

Before September 1: Cost is \$45 (includes handouts). After September 1, the cost is \$55. Direct logistical questions about the church to Cindy Wiley at cindy@stmarysoth.org. Direct workshop content questions to Cathy Wright at catswright@gmail.com. Contact Sandra Smith at sandrasmith@charter.net (don't forget the "C") to register for this mini workshop. Once your email is received, she will instruct you on using payment methods of Venmo or Zelle.

Sandra's new book will be available for purchase at the workshop. Sandra and Cathy will be at Little Professor Bookstore on Monday evening, the 9th, at 6:00 pm reading selections from the book. Cathy is one of several guest writers in the book. Bring a friend to Little Professor, purchase a book, and join the fun!

Sandra Smith, MDiv, teaches the Enneagram internationally as a tool for personal, professional and spiritual growth. She is a certified IEA professional and mentor for the Narrative Tradition. In addition to corporate and nonprofit staff retreats, she offers individual sessions as an Enneagram leadership consultant and spiritual companion. She co-hosts the *Heart of the Enneagram* podcast. Learn more about Sandra at AlchemyWorksEvents.com.

Cathy Wright is a certified Enneagram teacher by the Narrative Enneagram, a Mindfulness Meditation Teacher certified by Tara Brach and Jack Kornfield, designed and teaches Mindfulness through MENTOR, a national CDC funded program for people with physical disabilities. A lawyer and consultant, she uses the Enneagram in her work with business, government, and nonprofits.

