

Join us Online for

Exploring Key Components of Our Enneagram Type to support Growth Beyond Type

A Deep Dive into Chapter Two of
The Enneagram Map to Your Deeper Self

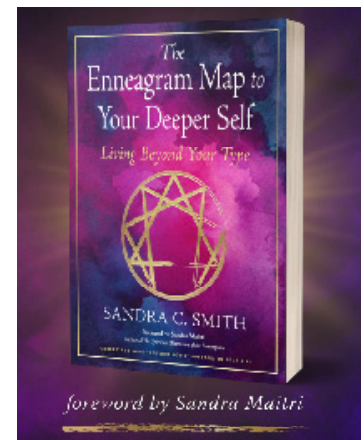
The **Enneagram Map** offers us a powerful glimpse into our inner workings, our ego structure's automatic patterns. These components of our ego structure work to maintain our allegiance to these patterns, even though these patterns limit us. In order to liberate ourselves from our stuckness, we look inward at how these patterns operate and create practices and strategies for moving into moments of mindful choice. Our freedom lies in our capacity to be present and available to ourselves so we may observe "why" we do what we do. Our focus of attention, blind spots, core avoidance, motivation, world view, and ego ideal work together to seduce us into a world of sameness, a type of comfort zone.

Chapter Two in Sandra's book will be our focus and will guide our conversations. Participants are invited to read Part One of the book (chapters 1-3) prior to the workshop. This book can be purchased at your local bookstore or on Amazon at Amazon: <https://www.amazon.com/Enneagram-Map-Your-Deeper-Self/dp/1642970603/>

Dyad inquiry exercises, self-reflection, and small group discussions will support our learning process.

This is an advanced workshop so participants must have a working knowledge of their type to participate. Cost for this event is \$55. Email Sandra to register at sandrasmith@charter.net before **January 20**. Payment options will be forthcoming after your email to register is received OR to register and make payment go to AlchemyWorksEvents.com and click on "Workshops and Trainings".

Grounded Presence • Open Heart • Curious Mind



NARRATIVE CERTIFIED TEACHER

SANDRA SMITH, MDIV

JANUARY 29, 2025

10:30AM-1:00 PM EASTERN

7:30-10:00 AM PACIFIC

ONLINE

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.

To learn more about her work, visit her website and purchase her book *The Enneagram Map to Your Deeper Self: Living Beyond Your Type* at AlchemyWorksEvents.com

