

GROWING OURSELVES IN HEALTHY RELATIONSHIPS

THE ENNEAGRAM SYSTEM AS MAP

February 15-17, 2019 | Montreat Conference Center (near Asheville, NC)

Friday, 7:30 pm - Sunday, noon

Guided Relationship Interaction Type Groups Couples Inquiry Self-reflection

Bringing our whole selves into relationship while allowing the other to be authentically who they are—no changing or fixing—creates possibilities for love to flourish.

The emotional maturity necessary for our primary relationships is cultivated by our willingness to be aware, honest, and intimate with ourselves as we navigate the balance of “I” and “We.” Relationships bring both delight and challenge, providing a mirror that can deepen our self-awareness and guide our growth. Healthy relationships emerge when we are present with what is in ourselves and in the other, offering both presence and curiosity.

Working with our knowledge of the Enneagram, we’ll engage discussion, inquiry and guided interactions as we observe limiting filters, world views and core fears of the nine personalities that can serve to overprotect our hearts. Additionally, we’ll celebrate the gifts that each type brings to relationships.

Couples will have time alone to engage specific relationship questions as well as time apart to consider one’s commitment to oneself. Type discussion groups will explore how we maintain a separate self given our specific Enneagram type. We’ll learn from each other as couples engage guided interactions with Lee and Sandra, working with the body’s automatic responses and the body’s wisdom.

This retreat welcomes same sex and opposite sex couples. Participants must have a working knowledge of the Enneagram system.

Certified Narrative Enneagram Facilitators



Sandra Smith, MDiv



Lee Ensign, Ph.D. SEP

Sandra Smith, MDiv. is an IEA (International Enneagram Association) Accredited Professional. Sandra teaches the Enneagram throughout North America as a tool for personal growth and professional development. She has presented at the International Enneagram Association Conference in San Francisco, Minneapolis/St. Paul, and the Toronto Enneagram Conference. Additionally, she is a Spiritual Director and a trained community mediator. With an Enneagram colleague, she co-hosts *Heart of the Enneagram*, a podcast that explores the relational patterns of the nine types. With over 75,000 downloads worldwide, the podcast takes a deeper dive into the Enneagram complexities.

Lee Ensign, PhD, SEP, is a clinical psychologist in private practice Kingston, TN. She completed her Ph.D. at the University of Wyoming and holds dual licensure in Tennessee and North Carolina. Dr. Ensign has worked for thirty years in the treatment of a range of psychological concerns, including anxiety, mood, and eating disorders, grief, and trauma. She completed certification as a Somatic Experiencing Practitioner and incorporates the somatic and mindfulness in her personal and professional practice. She works to help others access the inherent healing and growth capacities available to us all at the wisdom interface of our psychological, physical, and spiritual selves.

REGISTRATION FORM

Residential Cost Per Couple: \$685. After January 30: \$740 (includes workshop materials, lodging, Saturday meals, Sunday's breakfast.) **Commuter Cost per Couple: \$510. After January 30: \$560** (includes Saturday meals and workshop materials)

Names 1. _____ email _____

2. _____ email _____

Address _____ City _____ State/zip _____

Phone: _____ 1. Enneagram Type _____ 2. Enneagram Type _____

Dietary Restrictions? _____ Total Amount enclosed: \$ _____

Mail completed registration form with check payable to Alchemyworks to
AlchemyWorks PO Box 1419 Skyland, NC 28776

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