



SEVEN INDICATORS THAT YOU ARE EFFECTIVELY USING THE ENNEAGRAM FOR PERSONAL & SPIRITUAL GROWTH

WITH CERTIFIED ENNEAGRAM TEACHER
SANDRA SMITH, MDiv

LOCATION

ST. JOHN'S EPISCOPAL CATHEDRAL
PARK AT 414 WEST CHURCH ST
KNOXVILLE, TN 37902

SATURDAY OCTOBER 27, 2018
9:00 AM -4:30 PM



There is a difference between learning and growing. The Enneagram System is a fascinating map of our internal processing system, our character structure complete with its preferences and patterns. We love exploring this system, learning our type and its complexities, our type's resource points and the instinctual subtypes. Learning and deepening our self-understanding is never ending.

Then what? Has my learning made a difference in my life? Because I know my type and the ways it binds and blinds me, how do I use it to expand my perspective and to shift unwanted behaviors? How have I grown personally and spiritually through understanding the intricacies of my Enneagram type?

This workshop offers seven indicators to use for gauging growth work and offers space for creating strategies for real change. Self-reflection and group discussion will focus on specifics of our Enneagram type such as our defense mechanism, our world view, idealized self, filters and blind spots. Moving from contraction to expansion and from self judgement to acceptance are real markers that we're on the path, deepening capacity for receiving and giving love.

Sandra Smith, MDiv, teaches the Enneagram throughout North America as a tool for personal, professional and spiritual growth. She is a certified IEA professional, certified Narrative Tradition teacher and mentors candidates certifying to teach. In addition to corporate and nonprofit staff retreats, she offers individual sessions as an Enneagram consultant and spiritual companion. Weaving backgrounds in business and theology, Sandra uses the Enneagram map to deepen capacity for compassionate participation in life.

This workshop is for those with a working knowledge of the Enneagram.
Cost: \$150 before October 19 and \$175 after October 19. Cost includes workshop materials and Saturday lunch. Vegetarian and gluten free options available. *Certificates of Attendance available on request.*

For information (or to arrange a scholarship) call: Thom Rasnick at (865) 525-7347. To register online go to www.stjohnscathedral.org/workshop.

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FOR SPIRITUAL PRACTICE**

Direct questions about this workshop to Sandra Smith at 828-808-5820 or sandrac-smith@charter.net. Learn more about her at **AlchemyWorksEvents.com**.