

The Enneagram Series - for those Familiar



Enneagram

The Enneagram is a nine-point diagram that refers to nine basic personality types with distinct patterns of thinking, feeling and acting. This ancient tool can be used for personal and relational transformation.

An Introduction to the Contemplative Enneagram

Mondays, November 5 & December 3, 2012, 7:00-9:00 p.m.

This group is for those who know their Enneagram scores for all nine styles and who want to reflect on and explore their unique Enneagram profile. We believe that the Enneagram is a tool that can be used by the Spirit to bring about personal and relationship transformation when we take the time to notice, listen and respond. These two sessions offer an initial exploration of how combining contemplative practices with our knowledge of the Enneagram can open doors to transformation. Each time we gather, there will be a teaching on some aspect of the Enneagram and then a series of guided, reflective experiences which provide a setting and structure in which we can go deeper with our individual work. Bring a journal and pen.

Facilitators: Joanna Quintrell, spiritual director and other Enneagram teachers/facilitators
Cost: \$15 per person, \$25 per couple (two people who attend together)

Quarterly Enneagram Guest Teacher Workshop: Exploring the Enneagram's 27 Subtypes

Saturday, November 10, 2012, 9:00 a.m.-4:00 p.m.

(bring your own lunch or plan to go out for lunch)

It's not only important to understand the nine Enneagram types; knowing the 27 subtypes is also crucial in using the Enneagram for personal growth. Each of the 27 subtypes represents a distinct character type, as each expresses one of the nine passions through a driving need fueled by one of three fundamental instincts: for self-preservation, for social relationship, or for one-to-one bonding. In this day-long workshop we will learn about what the subtypes are, how they manifest in behavior, and how to recognize the 27 distinct personalities.

Facilitator: Beatrice Chestnut is a practicing psychotherapist, coach, and business consultant. She holds graduate degrees in communication and psychology and has been working with the Enneagram for over 22 years.

Cost: \$40 per person



This group and workshop are held at the Journey Center (1601 4th St.) in Santa Rosa.

For more information or to register, see our website at www.journeycenter.org or call The Journey Center at

707-578-2121.

