We see things not as they are BUT AS WE ARE because each of us is looking out from within our own model of the world. Our model of the world influences what we pay attention to, how we interpret and react to events, the meaning we assign to them, and much of what we think, feel, do, and say.

The ENNEAGRAM not only offers a window into our particular model of the world, it can also help us develop the self-awareness that’s essential for creating positive and sustained change.

This course will help you:

- Increase your self-awareness and decrease your self-judgment.
- Find out how you repeatedly get in your own way—and what to do about it.
- Understand others at a deeper level and learn how to communicate more effectively with them.

The topics covered are:

- The 9 Types
- Stances: Aggressive, Withdrawing, and Compliant
- Centers: Doing, Thinking, and Feeling
- Triads: 2/5/8, 1/4/7, and 3/6/9
- Coping Styles: Competency, Positive Outlook, and Reactive
- Wings
- Levels of Development: Healthy, Average, and Unhealthy
- Balance Points: Stress and Security
- Relationship with Community
- Suggestions for Recognizing Your Automatic Responses and Expanding Your Range of Options

For more information or to register, contact Joycelyn Campbell at: 505-332-8677 | joycelyn@farthertogo.com | farthertogo.com

To learn more about the Enneagram, visit ninepaths.com.